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Tuesday, March 13, 2012

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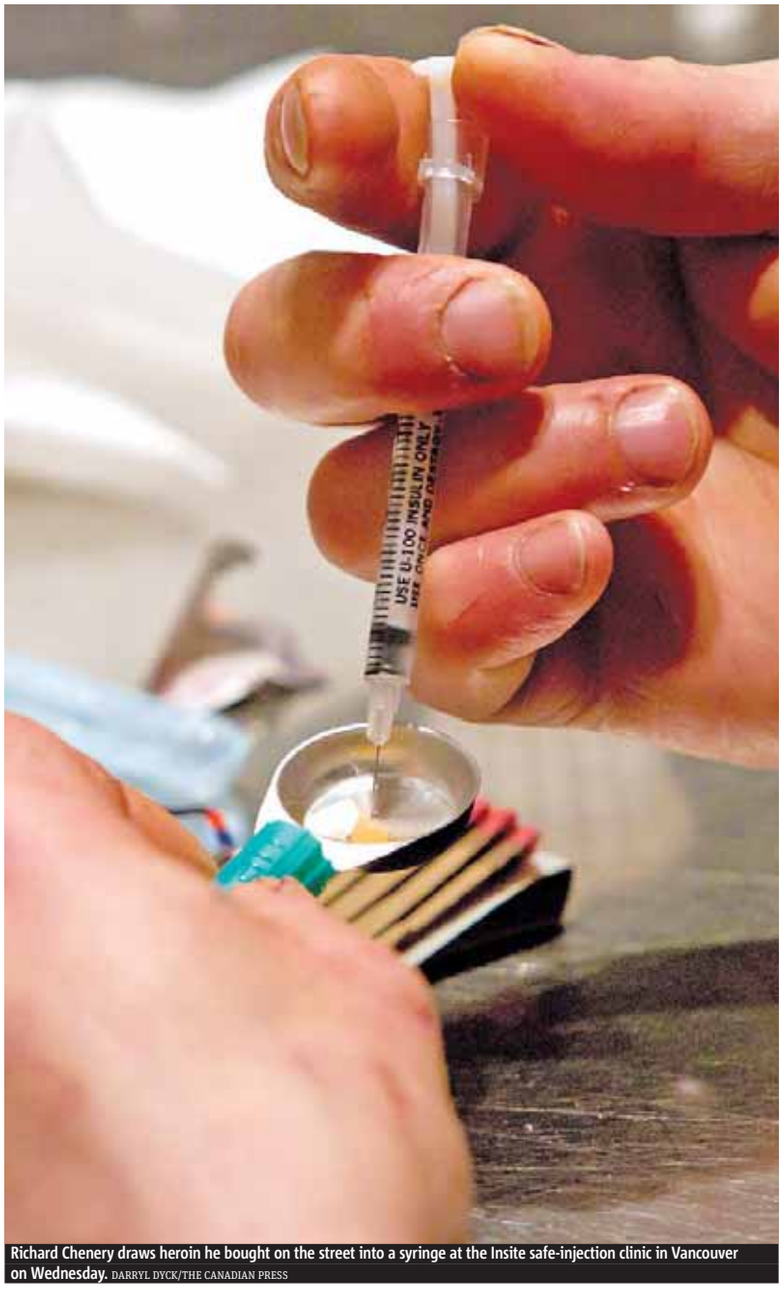

Richard Chenery draws heroin he bought on the street into a syringe at the Insite safe-injection clinic in Vancouver on Wednesday. DARRYL DYCK/THE CANADIAN PRESS

Heroin beats methadone in treatment, study finds

Addiction. Medically prescribed heroin keeps patients from relapsing and cuts down on long-term treatment costs, says researcher

Treating chronic heroin addicts with a prescribed version of the drug is more effective and less costly than methadone, says a recent study.

"Usually when something is more effective, it also costs more," said Aslam Anis, the lead researcher and health economist at the University of British Columbia. "What we found was that the new option, diacetylmorphine (medically prescribed heroin), costs less than methadone and is more effective."

The drug itself is more expensive than methadone-maintenance therapy. However, after calculating health-care savings, quality of life, life expectancy and decreased criminal behaviour, medically prescribed heroin ends up being more cost-effective over time.

"The cost benefit is more indirect," Anis said.

He adds that prescribed heroin is more successful simply because patients are able to stay on the treatment longer, giving them less of an opportunity to relapse.

"When they relapse they do street drugs, they engage in criminal activity and risky behaviour, which ends up causing them to contract HIV infection or other health problems."

This was the first type of prescribed-heroin clinical trial to be conducted in North America. The study looked at 252 patients from Vancouver and Montreal, who have been addicts for at least five years and tried methadone-maintenance therapy at least twice but failed.

The research was collected from the North American Opiate Medication Initiative in Vancouver from 2005 to 2008, along with drug data from B.C.

Researchers used a cost-effective analysis to compare treatments over a one-, five- and 10-year period.

"It has cost savings yet it provided better outcomes. It's a no-brainer," Anis said. "If (the government) were able to review this data, I'm sure they would feel compelled to act on it." KYLA JONAS/FOR METRO

Wedding bells ring for Berry

Actor Olivier Martinez confirms his engagement to Halle Berry

PAGE 21

Another look at icing rule

There may finally be enough support among NHL GMs to adopt hybrid-icing policy

PAGE 34

A café to call their own

Lunch Rush checks out hidden gem catering to city's cyclists

PAGE 23

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Housing task force

Report suggests first steps toward an affordable city

The high-profile city task force has made its first recommendations to salvage affordable housing in Vancouver.

The Housing Affordability Task Force released a progress report Monday, identifying key "quick-start" actions to be taken by city hall to stimulate affordable housing development.

Those actions include fast-tracking affordable rental-building applications as well as using city-owned land for co-op and non-profit developments.

"I think we're going to be talking a lot about gently densifying neighbourhoods, such as you've seen with laneway housing," said former B.C. cabinet minister and task force co-chair Olga Ilich.

"(In) an area of land that has already been zoned — the Cambie corridor — there are a few things which are causing a bit of a roadblock for the delivery of houses," Ilich said.

One of those roadblocks is the community contribution amenity, a stipulation meant to address affordable housing by requiring developers to build some residential units for lower-income buyers.

"So (the city) has basically said to the development community, 'If you want to build the kind of product you want to build, you must also include some lost-cost rental.' And that's not been clearly spelled out as to how that's going to happen," Ilich said.

The task force — composed of developers, city officials, academics and others — will issue a full report in June on housing options for households with income between $21,500 and $86,500.

Public consultation will also be collected before the final report is issued.

DANIEL PALMER/FOR METRO

Psychiatric review

Delay riles family of murdered children

The family of three children murdered by their father in Merritt in 2008 is angry the father has won a delay in his latest psychiatric review.

Allan Schoenborn asked the B.C. Review Board for an eight-month delay, saying he didn't think it was right to have his case heard so close to the fourth anniversary of his children's murders.

THE CANADIAN PRESS

Integrated Homicide Investigation Team spokeswoman Sgt. Jennifer Pound. PHYLICIA TORREVILLAS/METRO

Mom charged in baby son's death

Manslaughter. Investigators not releasing cause of death as mother makes first court appearance

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

A 32-year-old mother from New Westminster has been charged with manslaughter in the death of her six-month-old son last June.

Joyce Dobranski made her first appearance at B.C. Supreme Court in New Westminster Monday after being arrested Friday following an investigation by the Integrated Homicide Investigation Team.

"On June 22, New Westminster police received a 911 call at about 4 a.m.," IHIT spokeswoman Sgt. Jennifer Pound said. "They received a call from the mom saying that her baby was in medical distress."

The baby, Dobranski's only child, was taken to Royal Columbian Hospital and later transferred to B.C. Children's Hospital where he died three days later.

"It appeared to be a suspicious death and suspicious circumstances surrounded the baby's injuries," said Pound, who wouldn't disclose the cause of death as the case is before the courts.

Police have been working with a pathologist as well as other medical experts from B.C. Children's Hospital and investigators say they are able to support the manslaughter charge based on their findings.

The baby's father, who is no longer with Dobranski, is co-operating with police, Pound said.

"This is extremely difficult," she said. "It's been hard on everybody, including the investigators, as well as the extended family of the baby and the mom."

The A-Maze-ing Laughter installation at English Bay has been a hit with tourists and locals. PHYLICIA TORREVILLAS/METRO

Installation. Statues may keep on smiling

The temporary bronze laughing statues in Morton Park near English Bay could be a permanent fixture in Vancouver's West End.

Vancouver Park Board chair Constance Barnes told CBC that an anonymous donor has come forward to foot the bill for the A-Maze-ing Laughter piece, which originally retailed at $5 million. She added the Chinese artist dropped the asking price to $1.5 million.

The CBC reports the park board will vote at the end of March on whether it will accept the donation and decide if it will permanently keep the statues at English Bay.

PHYLICIA TORREVILLAS/METRO

1 NEWS

Mobile news

The Canadian Space Agency is singing the praises of Dextre, a two-armed, $200-million robot, for its latest feat. Scan the code for the story.

On the web

Wi-Fi art thou

Homeless people as Wi-Fi hotspots? While some call the idea tested at SXSW on Monday empowering, others say it's plain old degrading. Get the full story at metronews.ca/video

Project on burial site sparks protest

Property development. Musqueam call for stop to construction

DANIEL PALMER
vancouver@metronews.ca

Musqueam band members are demanding that developers of a South Vancouver property cease construction after workers discovered intact human remains.

About 40 band members were protesting Monday underneath the Arthur Laing bridge on SE Marine Drive, holding signs that read "Protect Our Ancestors" and waving the Musqueam flag. In late January, workers uncovered an intact burial on the heritage site and halted construction. "The issue is it's an old village site and it's sacred to our community. We just don't want them to be disturbed anymore than they already have," said Musqueam Chief Ernest Campbell.

The property is owned by Gary Hackett and is being developed by Lan-Pro Holdings for mixed residential and commercial use. In a statement, the owners emphasized that they are complying with the B.C. Archaeology Branch to preserve the burial remains.

Musqueam band members protest near Arthur Laing bridge on SE Marine Drive Monday. A burial site with intact human remains has been identified on the property. DANIEL PALMER/FOR METRO

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Homosexuality

Most Canadians support same-sex marriage: Poll

Three-in-five Canadians believe same-sex marriage should remain legal, according to a recent survey.

Out of the 1,007 Canadians that responded to Angus Reid's online poll, 59 per cent agreed that same-sex marriage should continue to be legal, as opposed to 14 per cent that believe same-sex couples should no longer receive legal recognition.

However, not every country is as open-minded. According to 1,008 American respondents, only 42 per cent would like to see same-sex couples legally hitched.

"What I don't understand is why people would be against it in the first place," said British Columbian Celina Albany, a lesbian hoping to get married to an international woman in the future but wary of the legal barriers.

Albany believes opinions on homosexuality are based on a lack of proper education and too much social conditioning made to despise same-sex couples.

"You want to spend your life with someone, so sign this paper. It's just a title, we're all just people," Albany said.

In America, 34 per cent believe homosexuality is a choice, rather than something people are born with. Fifty-nine per cent of Canadians believe it isn't a choice.

KYLA JONAS/FOR METRO

Wind gusts

Vicious windstorm cuts power, halts ferries and shuts down Stanley Park

A powerful windstorm lashed coastal British Columbia on Monday, leaving more than 100,000 power customers without service, cancelling ferry sailings and keeping thousands of students home from school.

Environment Canada had issued weather warnings for Vancouver Island, the Vancouver region and the Sunshine Coast, and those warnings ultimately proved accurate.

The weather agency recorded wind gusts of 100 km/h in some regions early Monday morning.

Toppled trees and power lines had left about 110,000 customers without power.

BC Ferries cancelled sailings on most major routes to and from Vancouver Island because of the winds and rough seas.

In Vancouver, Stanley Park was shut down briefly because of the high wind and falling tree debris.

BC Hydro's vice-president of operations, David Lebeter, called it "the largest storm of the season."

THE CANADIAN PRESS

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J&M Sale Price $487.00

14kt yellow gold dangling earrings set with cubic zircons, 3.36 grams

J&M Regular Price $139.00

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18kt curb link chain with 1.00 carat round brilliant cut diamond

Appraisal value: $12,800.00
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J&M Sale Price $4,731.00

18kt white gold pendant with 61 diamonds (0.89 cttw)

Appraisal value: $2,100.00
J&M Regular Price $795.00

J&M Sale Price $517.00

18kt white gold bracelet, polished finishing, chess-style diamond cut pattern links, 18.21 grams

J&M Regular Price $1,490.00

J&M Sale Price $968.00

14kt gold bracelet with 36 diamonds (1.08 cttw)

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J&M Sale Price $1,812.00

10kt yellow gold 'wave'-style hoop earrings, 1.76 grams

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18kt white gold band, 3.8 grams

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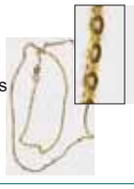

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Pickton probe to be put on hold

Missing Women Inquiry commissioner Wally Oppal METRO FILE

Inquiry. Delayed until April as search resumes for new aboriginal-interests representative

The voices of aboriginals are so important to the public inquiry into the Robert Pickton case that the hearings must be put on hold for three weeks until a new lawyer is found to look out for First Nations' interests, the commissioner overseeing the process said Monday.

Robyn Gervais, the lawyer appointed to advance the interests of the aboriginal community, quit last week, saying the hearings were dominated by evidence from police, with few aboriginal witnesses.

On Monday, commissioner Wally Oppal said he spent a great deal of time reflecting on what Gervais and aboriginal leaders had told him.

"While I believe that each community is being respected and heard, it is clear that that is not an opinion that is shared by all," Oppal said. "This means we all have work to do in this area."

The inquiry will now resume April 2, several weeks before hearings are currently scheduled to conclude.

Oppal has a deadline of June 30 to file his report on why it took police so long to catch Pickton.

Despite concerns about time hanging over the inquiry, the province's justice minister said the latest delay won't affect Oppal's deadline.

The DNA of 33 women were found on the Pickton pig farm in Port Coquitlam, B.C., although the serial killer told an undercover officer that he killed 49 women.

He was first accused of killing 26 women, but was eventually convicted of six counts of second-degree murder.

THE CANADIAN PRESS

Port Mann Bridge

Repairs won't delay opening

The December 2012 opening date for the new $800-million Port Mann Bridge is still a go, according to project officials.

Early last month, a gantry being used for construction of the bridge collapsed when its footings gave way and sent 90 tonnes of concrete into the Fraser River.

"The project contractor expects necessary repairs and replacement components will be in place to allow recommissioning of the gantry in April," spokesman Max Logan said in a statement released Monday. METRO

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Montreal

Tories recruit councillors

The Conservative organization in the riding of Lac-Saint-Louis recently elected six municipal councillors to its executive committee. City politicians now occupy all but one of the association's executive seats. THE CANADIAN PRESS

Race for Space

Canadians ready for liftoff

Canadians really want to be launched into space.

Metro is sending a lucky reader from one of 16 countries where the newspaper is published to space, and according to recent numbers, 40 per cent of traffic to the contest website has been from Canada.

To apply for Metro's Race for Space, visit metroinspace.com. Entries must be submitted online by March 26. METRO

Tori Stafford case

Trial will hear from girlfriend

Testimony resumes Tuesday in a London murder trial for Michael Rafferty, charged with killing eight-year-old Tori Stafford. Terri-Lynne McClintic, who has pleaded guilty to first-degree murder, is set to be the first witness. THE CANADIAN PRESS

B.C. backcountry

Skier falls victim to avalanche: RCMP

The RCMP is reporting yet another fatal avalanche in B.C.'s backcountry. The Mounties say a slide Sunday buried a backcountry skier in the Ghost Peak area, south of Revelstoke. The skier's name hasn't been released. THE CANADIAN PRESS

Motion

New powers for Elections Canada?

The Tory majority joined to help unanimously pass a non-binding NDP motion Monday that would give the chief electoral officer new investigative powers. However the motion is not binding on the government. THE CANADIAN PRESS

Tories to 'space out' crime bill measures

Justice system. Tories pass omnibus bill, which falls in line with their crime agenda

The Conservative government that rushed to pass a massive crime bill by curtailing debate in the House of Commons and Senate now says it will take its time making the new measures a reality on the street.

Prime Minister Stephen Harper's majority easily passed Bill C-10 on Monday evening by a vote of 154-129, sweeping aside a procedural delay by the NDP that stalled the bill's curtain call for five days.

The legislation, which includes nine separate bills, goes briefly back to the Senate and could get royal assent as early as Tuesday — meeting Harper's campaign promise last spring to pass the bill within 100 sitting days of a new parliament.

Working the changes through the justice system will take considerably longer.

"We're going to space out a number of them out," Justice Minister Rob Nicholson said outside the Commons before the final vote Monday.

"I indicated to my provincial colleagues when I met with them about a month ago now that, you know, we'll proclaim them into effect in consultation with them."

Nicholson didn't provide an order of precedence.

The bill increases sentences for drug and sex offences, reduces the use of conditional sentences such as house arrest, provides harsher penalties on young offenders, makes it more difficult to get a pardon, gives crime victims more say in parole hearings and allows victims of terrorism to sue.

Supporters, including victims' rights groups and some police organizations, say the bill helps correct a justice system that has swung too far toward the rights of criminals.

Critics have said the changes will do nothing for public safety but will cost literally hundreds of millions of dollars from increased jail populations, much of it bourne by provinces and territories. THE CANADIAN PRESS

Prime Minister Stephen Harper's majority government easily passed an omnibus crime bill Monday, which will increase sentences for drug and sex offences, and provide harsher penalties on young offenders. PAWEL DWULIT/THE CANADIAN PRESS/FILE

U of O. Student found guilty after running from custody

A University of Ottawa student was found guilty Monday of escaping lawful custody after he ran away from campus security guards onto an OC Transpo bus in April 2012 while handcuffed.

Marc Kelly has had a series of disputes with the university and was banned from university-owned areas of campus, he said. In April, he was apprehended for trespassing — at which point he ran away. He was charged with mischief, breaching the peace and escaping lawful custody, but the first two charges were dropped, he said. METRO IN OTTAWA

Lawsuit. Smokers to blame for their habit: Defence

Tobacco companies embroiled in a historic civil suit kicked off the trial Monday by arguing that smokers who get sick or can't kick the habit have nobody to blame but themselves.

The landmark class-action case, with up to $27 billion at stake, kicked off in a Montreal courtroom where Canada's three biggest cigarette companies began their battle against a group representing all of Quebec's 1.8 million smokers.

It is considered the biggest class-action case in Canadian history.

THE CANADIAN PRESS

Cancer society demands action on drug shortages

Minister of Health Leona Aglukkaq.
SEAN KILPATRICK/THE CANADIAN PRESS

The Canadian Cancer Society wants federal Health Minister Leona Aglukkaq to do more to address the urgent issue of drug shortages in the country, and says a mandatory reporting system for looming shortages is an important first step.

"Getting a cancer diagnosis or diagnosis of another significant illness is already stressful enough. To read in the newspapers that the drugs you need may not be available or to hear from your doctor that your treatment is being delayed, you really deserve the information," Dan Demers, the society's director of national public issues, said in an interview.

Demers and others from the cancer society met with members of Parliament on Monday to discuss their concerns over the drug shortages. The issue was to be the subject of an emergency debate in the House of Commons on Monday evening.

The problem of drug shortages has been increasing over the last year, both in Canada and elsewhere. But the problem hit a crisis point recently when Sandoz Canada had to temporarily shut down its plant at Boucherville, Que., to make upgrades in response to complaints about the plant from the U.S. Food and Drug Administration.

The plant, which makes 90 per cent of the injectable drugs used in Canada, experienced a fire during the upgrade process. The plant is expected to resume production in the near future.

Requiring manufacturers to alert the government to pending shortages would allow all jurisdictions to better co-ordinate distribution of scarce available supplies, Demers said.

Insufficient warning

- Ontario Health Minister Deb Matthews said last week the federal government didn't give the provinces enough warning about a shortage of various prescription drugs.

"There is a lot of collaboration between health systems. And they will look at it and say 'How do we triage this? How do we make sure that the people that need it the most get it?'" he said. THE CANADIAN PRESS

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Germany

Germany offers condolences to Afghan people

German Chancellor Angela Merkel, left, at a military camp.
BUNDESREGIERUNG/STEFFEN KUGLER, POOL/THE ASSOCIATED PRESS

Chancellor Angela Merkel made a one-day trip Monday to visit German troops in northern Afghanistan and offered President Hamid Karzai her condolences over the alleged killing of 16 civilians by a U.S. soldier, the government said.

Merkel arrived in Mazar-e-Sharif early in the morning. She originally planned also to visit Kunduz, another northern area where German troops are based, but bad weather meant it wasn't possible to fly there.

The chancellor's previously planned visit came a day after an American soldier allegedly killed 16 civilians. THE ASSOCIATED PRESS

Afghan man recounts what he witnessed on night when 16 were massacred

A survivor's tale. Twenty-six-year-old describes experience of watching his father get shot by gunman

An Afghan man recounted on Monday the harrowing scene in his home as a lone U.S. soldier moved stealthily through it during a killing spree, then crouched down and shot his father in the thigh as he emerged from the bedroom in the deep of night.

A suspect, now in U.S. custody, is accused of killing 16 Afghan civilians in their homes overnight between Saturday and Sunday and then burning some of their corpses.

Afghan President Hamid Karzai said nine of those killed were children and three were women.

"He was walking around, taking up positions in the house — in two or three places like he was searching," said 26-year-old witness Mohammad Zahir, who watched the gunman while hiding in another room.

"He was on his knees when he shot my father" in the thigh, he told The Associated Press. His father was wounded but survived.

Even before the shootings, anti-Americanism was already boiling in Afghanistan over U.S. troops burning Muslim holy books, including Qur'ans, last month on an American base.

The burnings came to light soon after a video purporting to show four Marines urinating on Taliban corpses was posted on the Internet in January.

Now, another wave of anti-foreigner hatred could threaten the entire future of the U.S.-led coalition's mission in Afghanistan.

The recent events have not only infuriated the Afghan people and leaders, but have also raised doubts among U.S. political figures that the long and costly war is worth the sacrifice in lives and money. THE ASSOCIATED PRESS

Men stand next to blood stains and charred remains inside a home where witnesses say Afghans were killed by a U.S. soldier in Kandahar province.
ALLAUDDIN KHAN/THE ASSOCIATED PRESS

Analysis

Killings won't stop handover plans: NATO

The alleged slaying of 16 civilians by a U.S. soldier in southern Afghanistan will not affect plans to turn over security operations to local troops, NATO and member countries said Monday, calling for a quick investigation into the deaths.

NATO spokeswoman Oana Lungescu called for a swift and thorough investigation, but said it was an "isolated incident" and as such would not affect the alliance's overall plans to turn over security operations to Afghan troops by the end of 2014.

"This is clearly a tragedy, but it should not be allowed in any way to change the mission, and it doesn't change our commitment to the mission and to the timetable," she told The Associated Press in a telephone interview.

U.S. officials said the suspect, identified as an army staff sergeant, acted alone after leaving his base in southern Afghanistan. THE ASSOCIATED PRESS

Florence. Hidden mural could be lost Leonardo

Researchers may have discovered traces of a lost mural by Leonardo da Vinci by poking a probe through cracks in a 16th-century fresco painted on the wall of one of Florence's most famous buildings.

The latest findings Monday still leave much mystery in the hunt for the Battle of Anghiari, a wall mural painted by Leonardo in Florence's storied Palazzo Vecchio, and possibly hidden behind a fresco done by Giorgio Vasari decades later.

The hunt for the unfinished mural has captivated art historians for centuries, and took on fresh impetus in the last years with the employment of state-of-the-art scientific tools.

Some believe Leonardo's mural, which he began in 1505 to commemorate the 15th-century victory by Florence over Milan at the medieval Tuscan town of Anghiari, may be hidden behind a newer wall, which was frescoed over decades later by Giorgio Vasari.

Leonardo's Battle of Anghiari was unfinished when he left Florence in 1506.

Encouraging

"The evidence does suggest that we are searching in the right place."
Maurizio Seracini
Engineer, University of San Diego

Maurizio Seracini, an Italian engineer from the University of San Diego, told reporters that the fragments of colour retrieved by the probe in the palace's Hall of the 1500s are consistent with pigments used by Leonardo.

He said an analysis showed that the red, black and beige paint found is consistent with the organic paint Leonardo used on his frescoes.

But the paint could also have been used by Leonardo's contemporaries in Florence, which is awash in Renaissance art. Seracini called the results "encouraging" but preliminary.

The hunt for the missing Leonardo mural is being led by the National Geographic Society and the University of California in partnership with the City of Florence. THE ASSOCIATED PRESS

Defending tradition

An Aymara native man shows coca leaves Monday as thousands of coca producers marched in La Paz in support of "acullicu," the practice of chewing the leaves. Bolivian President Evo Morales took his campaign to decriminalize the coca leaf to a UN narcotics convention on Monday, defending what he said is an ancient and harmless tradition.
AIZAR RALDES/GETTY IMAGES

Tibet protest. Monk sets himself on fire

A teenage Tibetan monk set himself on fire in protest on the anniversary of the failed Tibetan uprising against Chinese rule in 1959, an overseas activist group said Tuesday.

The London-based Free Tibet group said the 18-year-old self-immolated on Saturday in Aba, a town that is under heavy security lockdown in western Sichuan province.

The group says the monk, identified only as Gepey, was from the town's Kirti Monastery, the scene of numerous protests against the Chinese government over the past several years. Most are led by monks who are fiercely loyal to the Dalai Lama, who fled the Himalayan region on March 10, 1959, during an abortive uprising against Chinese rule.

More than two dozen Tibetans, including several teenagers, have set themselves on fire in China over the last year, protesting China's suppression of their religion and culture and calling for the return of the Dalai Lama.

Gepey died after self-immolating behind a military camp, Free Tibet said. The group said locals tried to take his body away but security personnel removed it.

A woman from the county Communist Party propaganda department said she had no information about the incident. Calls to the prefectural Communist Party department and police and county police rang unanswered. A man who answered the phone at the Kirti Monastery hung up when he was asked about the self-immolation. THE ASSOCIATED PRESS

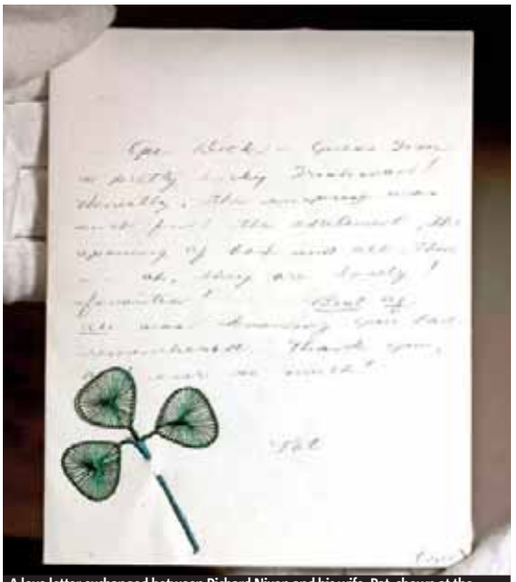
Third this month

Gepey was the third Tibetan this month to self-immolate near a building associated with Chinese authority.

- Earlier in March, another 18-year-old Tibetan man in the same county set himself on fire and walked to a government office building.
- A mother similarly protested outside a police station in Aba town.

‘A totally different person from the Watergate tapes’

Love letters. Richard Nixon’s romantic side revealed in notes to his bride in exhibit at presidential library



A love letter exchanged between Richard Nixon and his wife, Pat, shown at the Richard Nixon Presidential Library and Museum’s upcoming exhibit celebrating Pat Nixon’s 100th birthday, in Yorba Linda, Calif. DAMIAN DOVARGANES/THE ASSOCIATED PRESS

Long before Richard Nixon rose to power and fell from grace, he was just another man in love.

Decades before he became known to some as Tricky Dick, Nixon was the one penning nicknames (sweet ones) to his future bride in gushy love notes that reveal a surprisingly soft and romantic side of the man taken down by Watergate.

Nixon shared the stage with Patricia Ryan in a community theatre production and six of the dozens of letters they exchanged during their two-year courtship will be unveiled Friday at the Richard Nixon Presidential Library and Museum as part of an exhibit celebrating the 100th birthday of the woman Nixon playfully called his “Irish gypsy.”

In Nixon’s letters, he recalls their first meeting in flowery prose, daydreams about their future together and waxes poetic about the first time his “dearest heart” agreed to take a drive with him. The correspondence offers a window into a private side of Nixon and represents a love letter of sorts to fans of the 37th U.S. president, who were infuriated when the National Archives took over the museum and overhauled it to include a detailed chronicle of Watergate.

“These letters are fabulous. It’s a totally different person from the Watergate tapes that people know. President Nixon started out as an idealistic young man ready to conquer the world and with Pat Ryan he knew he could do it. There’s a lot of hope, there’s a lot of tenderness and it’s very poetic,” said Olivia Anastasiadis, supervisory museum curator.

THE ASSOCIATED PRESS

A man in love

“Every day and every night I want to see you and be with you. Yet I have no feeling of selfish ownership or jealousy.”

From one of Nixon’s letters to his bride

Penn State scandal

Former coach’s fate up in the air

A judge has heard arguments but opted not to rule yet on how much information former Penn State assistant football coach Jerry Sandusky should get in advance of his trial on child sex-abuse charges. Judge John Cleland gave no indication when he’d rule on Monday’s arguments concerning the “bill of particulars” about the 10 purported victims that the attorney general’s office provided Sandusky’s attorney two weeks ago.

THE ASSOCIATED PRESS

Jerry Sandusky
THE ASSOCIATED PRESS FILE

GOP campaign. Kansas loves Santorum, but can he win Alabama and Mississippi?

Presidential hopeful Rick Santorum won Kansas on Saturday in the arduous Republican presidential race, easily disposing of his rivals in a state where two of them didn’t bother to compete.

In early, unofficial results, the staunch social conservative had 51 per cent of the vote in the Kansas caucuses. Mitt Romney came in second with 21 per cent while Newt Gingrich and Ron Paul duked it out for third place.

Only Santorum and Paul campaigned in Kansas, however; Romney and Gingrich sat it out. Forty delegates were at stake in the so-called Sunflower State, where Christian evangelicals make up a third of the population and there’s a long history of social-conservative activism. But Romney came out ahead in Wyoming. He took six of the 12 delegates up for grabs. Santorum gained three and Ron Paul one. Another remains uncommitted, and one more is still to be decided. The former Massachusetts governor also boosted his delegate count overnight when he won nine delegates each on the island of Guam and in the Northern Mariana Islands.

The Kansas and Wyoming contests represent a prelude to Tuesday’s primaries in Alabama and Mississippi, contests that have taken on a new significance in the Republican race. A combined 90 delegates are at stake in the southern primaries. THE ASSOCIATED PRESS

Russia, U.S. clash at United Nations over how to resolve Syria violence

United Nations. Countries debate different proposals to end bloody conflict and restore order in Syria

The United States and Russia clashed over Syria at the United Nations on Monday after the UN's chief urged the divided Security Council to speak with one voice and help the Mideast nation "pull back from the brink of a deeper catastrophe."

Washington and Moscow both called for an end to the bloody yearlong conflict — but on different terms, leaving in doubt prospects of breaking a deadlock in the council over a resolution.

U.S. Secretary of State Hillary Rodham Clinton rejected any equivalence between the "premeditated murders" carried by President Bashar Assad's "military machine" and the civilians under siege driven to self-defence.

Russia's Foreign Minister Sergey Lavrov said Syrian authorities "bear a huge share of responsibility" but also insisted at the meeting that opposition fighters and extremists including al-Qaida are also committing violent and terrorist acts.

Lavrov said if the priority is to immediately end any violence and provide humanitarian aid to the Syrian people "then at this stage we should not talk about who was the first to start, but rather discuss realistic and feasible approaches which would allow (us) to achieve the ceasefire as a priority."

Resolution

"We believe that now is the time for all nations, even those who have previously blocked our efforts, to stand behind the humanitarian and political approach spelled out by the Arab League."

U.S. Secretary of State Hillary Clinton

Clinton declared that the Security Council cannot "stand silent when governments massacre their own people, threatening regional peace and security in the process."

The ministerial debate in the council on challenges from last year's Arab Spring was dominated by the yearlong conflict in Syria, which has killed over 7,500 people, according to the United Nations.

UN Secretary-General Ban Ki-moon, who led off the debate, said the conflict has led the entire region into uncertainty and subjected citizens in several cities to disproportionate violence.

Russia, which is Syria's most powerful ally, and China have vetoed two U.S. and European-backed Security Council resolutions which would have condemned Assad's bloody crackdown, saying they were unbalanced and demanded that only the government stop attacks, not the opposition. Moscow accused Western powers of fuelling the conflict by backing the rebels.

Earlier this month, the United States proposed a new draft that tried to take a more balanced approach, but diplomats said Russia and China rejected it.

Lavrov flew to New York from Cairo, where he had a tense meeting with Arab League foreign ministers. They have endorsed a plan for Assad to hand power to his vice-president, but the Russians are adamantly opposed to any resolution endorsing regime change.

THE ASSOCIATED PRESS

Recent attack

- Syrian activists said Monday that pro-government gunmen killed at least 16 people, including some children, in a rebel stronghold recaptured by the government, fuelling concerns the government is carrying out reprisals in territory it has taken back.
- State media in Damascus, which often ignores activists' claims, confirmed killings in Homs but blamed "armed terrorists," as it frequently calls those behind the yearlong uprising against President Bashar Assad's regime.

In this photo from Saturday, Aida, 32, reacts as she recovers after the Syrian army shelled her house in Idlib. RODRIGO ABD/ THE ASSOCIATED PRESS

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Market Moment

DOLLAR
100.74¢ US
(-0.18¢)

TSX
12,428.01 (-75.61)

OIL
$106.34 US (-$1.06)

GOLD
$1,699.80 US (-$11.70)

Natural gas: $2.27 US (-5.5¢)
Dow Jones: 12,959.71 (+ 37.69)

Tech trends

Pinterest the latest in online sharing

Oh, you pretty things. Just look at the mama giraffe nuzzling a baby giraffe, that lovely idea for an indoor planter made of mason jars and those perfectly cooked bacon strips cooling on a plate. This is what people are circulating on Pinterest, the latest website-of-the-moment for sharing things you love.

Pinterest serves as an online scrapbook of images they find on the web, a place to post fashion inspirations, decorating aspirations and more. It's a digital dream collage, a recipe box and a corkboard full of magazine clippings all at once.

The site's popularity has exploded in recent months, making it one of the fastest-growing websites in history. Its ascent to 10 million monthly visitors happened faster than on Facebook, Twitter or any other site tracked by comScore. THE ASSOCIATED PRESS

A Pinterest user's virtual pinboard.
PINTEREST.COM/THE ASSOCIATED PRESS

Asset alarm

Enbridge could face writedown

Enbridge Inc. could be forced to book a "significant" writedown of its $460-million investment on its gas assets in New Brunswick if the province goes ahead with legislation to cut prices, the company said Monday, adding that they are "extremely disappointed" with the draft legislation. THE CANADIAN PRESS

Air Canada workers protest intervention

Contract conflict. Labour minister to introduce back-to-work legislation in Air Canada dispute

Air Canada employees staged a noisy but orderly protest against the federal government, accusing it of eroding workers' rights.

Outside Montreal's Trudeau airport, dozens of members of the International Association of Machinists and Aerospace Workers blew whistles and plastic horns Monday to protest the government's decision to prevent them from going on strike.

A similar protest was held at Toronto's Pearson airport later in the day, the union said.

"We want to tell this government that it is anti-democratic," said Marcel St-Jean, president of the IAMAW Montreal local.

"They were elected democratically and all we want is that same democracy applied to us (and) that we have the right to negotiate a fair collective agreement for the membership."

The workers are upset that the Harper Tories have intervened several times in labour disputes, therefore weakening the position of employees as they negotiate new contracts.

A union official said about 100 workers held a similar demonstration Monday afternoon at Pearson International Airport in Toronto. THE CANADIAN PRESS

Dozens of Air Canada workers stage a noisy rally at Montreal's Trudeau airport Monday to denounce the federal government for eroding workers' rights.
PETER RAY/THE CANADIAN PRESS

Union dues

Flight attendants at Sunwing Airlines have voted to join the Canadian Union of Public Employees, the union said Monday.

- CUPE said the 700 flight attendants voted to join the union in a vote conducted by the Canada Industrial Relations Board.
- The union already represents flight attendants at several airlines, including Air Canada.
- In January, the union representing 150 pilots at Sunwing Airlines merged with the Canadian Auto Workers union, which represents about 12,000 airline workers.

Auto action. Volkswagen targets revenue increase

Volkswagen AG, Europe's biggest carmaker by sales, said Monday it was targeting a further increase in deliveries and revenues in 2012 despite difficult trading conditions in some European countries.

Volkswagen, which overtook Japan's Toyota last year to become the world's second biggest car company by total deliveries behind General Motors, sold nearly 8.3 million vehicles last year, a 14.7 per cent rise from the previous year's figure.

The company also said it expects to increase deliveries again in 2012, and that higher revenue is expected, though it gave no precise figure. THE ASSOCIATED PRESS

Patent claim. Yahoo files suit against Facebook

Yahoo is filing a lawsuit against Facebook over patents, following through on a threat it made last month.

Yahoo Inc. said in a court filing Monday that Facebook has infringed 10 of its patents covering advertising, privacy controls and social networking.

Yahoo threatened to sue Facebook last month, insisting that the social network licence its patents. Facebook pledged to defend itself vigorously against what it called "puzzling actions" by Yahoo.

The patent claims could cast a spotlight on Facebook's vulnerabilities as the company tries to complete an initial public offering of stock this spring. THE ASSOCIATED PRESS

Boeing received $5.3B in illegal subsidies: WTO

A Boeing C-17 Globemaster cargo plane flies over Halifax last Thursday.
ANDREW VAUGHAN/THE CANADIAN PRESS

The World Trade Organization ruled Monday that U.S. planemaker Boeing received $5.3 billion in illegal government subsidies over a quarter-century, far less than what archrival Airbus received according to an earlier finding.

The two companies are locked in a long-running trade dispute over a market believed to be worth more than $3 trillion over the next decade. Each has complained to the WTO that the other is receiving state aid.

Last May, a WTO panel ruled on a U.S. complaint that European governments provided to Airbus, based in Toulouse, France, with $18 billion in subsidies, though not all were found to be illegal under international rules.

The European Union had hit back with allegations that Boeing got $19.1 billion in similar subsidies between 1989 and 2006.

While the WTO appeals panel did say on Monday that Boeing received illegal aid, the sums were far smaller than the EU alleged.

Now that the ruling is in, Boeing and Airbus are each required to prove they are complying with WTO rules.

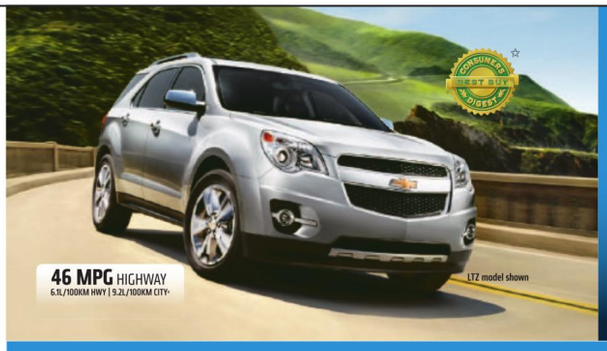
Boeing emphasized that the U.S. government has already removed some $2 billion in prohibited subsidies, leaving about $3 billion still to be addressed.

The European Commission, whose complaint to the WTO was the subject of the ruling, said it welcomed the confirmation that Chicago-based Boeing also received billions of dollars in illegal subsidies. THE ASSOCIATED PRESS

At odds

Both sides in the dispute claimed a measure of victory.

- "Comparing the core claims made by both sides ... Boeing's cash grants are fundamentally illegal," said Airbus spokesperson Rainer Ohler.
- Boeing countered that the decision "slashed earlier findings of harm to Airbus from U.S. subsidies."



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Economic argument

Address income inequality: BoC

The Bank of Canada is urging leaders to enact policies to rein in the excesses of free markets and reduce income disparities, arguing they will strengthen the economy.

In a speech to a business audience in Sao Paulo, Brazil, the bank's senior deputy governor Tiff Macklem laid out a powerful case that income inequality has been on the rise and needs to be addressed.

THE CANADIAN PRESS

Foreclosure fallout

Lenders, U.S come to terms

The U.S. government has filed a $25-billion US settlement with the five largest mortgage lenders in federal court, putting an official stamp on the landmark agreement announced last month over alleged foreclosure abuses.

The court papers offered new details on the deal between the federal government and 49 states and five banks.

THE ASSOCIATED PRESS

Greece finalizes deal for $232.5-billion US bond swap

Historic writedown.
Investors believe Greece needs to cut debt further before it can return to markets for funding

An 83-year-old Greek man carries a mirror salvaged from the rubbish through the Plaka district of Athens on Monday.
PETROS GIANNAKOURIS/THE ASSOCIATED PRESS

Greece implemented the biggest debt writedown in history on Monday, swapping the bulk of its privately-held bonds with new ones worth less than half their original value.

Although the exchange will keep Greece solvent and at the receiving end of billions in international rescue loans, markets were underwhelmed amid fears that the country's debt load remains too heavy.

A statement from the finance ministry said bonds issued under Greek law with a total face value of $232.5 billion US were exchanged. A smaller batch, will be swapped in coming weeks.

The debt exchange opens the way for Greece's second international bailout, expected to be finalized this week by finance ministers from eurozone nations. It will also transfer the majority of the country's debt from private into public ownership - its eurozone partners and the International Monetary Fund.

Jean-Claude Juncker, the prime minister of Luxembourg who is also the main spokesman for the 17 countries that use the euro, said he expects the final approval for the bailout on Wednesday, but indicated that was mainly a matter of procedure.

Without the swap and the $172 billion bailout, Greece faced an uncontrolled default on its debts in less than two weeks when a big bond redemption was due.

Though the bond swap will wipe $138 billion off Greece's $485 billion debt mountain, giving Athens breathing space to enact more austerity, many analysts think the country's debt remains unsustainable.

THE ASSOCIATED PRESS

THE GIRL WITH THE REGRETTED TATTOO

SHE SAYS...
Jessica Napier
metronews.ca/shesays

There are only a few certainties in my life. All that stuff about death and taxes you already know, but there's also this: I will never, ever get a tattoo.

How can I be so sure? Firstly, I hate needles. Wait, hate isn't a strong enough word; I loathe needles. I cower at the mere thought of these ~~torture devices~~ necessary medical instruments. Last week I went for a routine blood test and wound up having an embarrassing fainting episode in the middle of a busy hospital clinic. So, no, I don't do well with needles.

Angelina Jolie covered up what was left of her regretted tattoo with the co-ordinates of where she met each of her children. GETTY IMAGES

But let's say the piercingly painful tattoo needle wasn't an issue. Even if the ink was drizzled on pain-free, I would never want to inscribe my body with a permanent keepsake. The thing is, there are many things that I care quite deeply about at the moment; yet, how can I possibly know those feelings won't change over time? I don't think I own one item of clothing more than five years old, I change my Facebook profile photo on a weekly basis, I've lived in over 20 different houses/apartments over the course of my 26 years — my life is all about impermanence. I can barely commit to a nail-polish colour for longer than three days; how could I ever commit to an ink stain on my skin forever?

Jolie, post-tattoo remorse, is seen in this 2004 photo. GETTY IMAGES

Recently, a friend of mine announced that she was planning on getting her tattoo removed. You can take a wild guess where that lingering artifact from her teenage rebellion is located — her lower back, of course. At 18 years old, her body art (I refuse to call it a "tramp stamp" since sexual promiscuity and tattoo ink have no logical correlation) was accompanied by a navel piercing and a bad attitude.

Jolie, with her then-husband, actor-director Billy Bob Thornton in 2001, and her "Billy Bob" tattoo. GETTY IMAGES

She was a rebel, just like every other teenage girl, and her mom hating tattoos was just part of the appeal. Funnily enough, disapproval from an external source (this time it's her boyfriend's distaste for indelible ink) is once again a contributing factor in her decision. The irony is clear.

I am so happy that I will never feel the deep, remorseful kind of regret that only an inspirational quote in a foreign language scripted on my skin can inspire. However, I know I'm in the minority; my generation seems increasingly obsessed with expressing individuality by doing something that everyone else is doing. After all, tattoos can be many things — beautiful, painful, attention-seeking, sentimental, permanent records of a drunken night out — but they are rarely unique.

On Cloud Equine

REX FEATURES

Can you see it?

Head in the clouds

This cloud looks like an apparition of a great steed of old. This striking resemblance of a horse's cranium was spotted last week in the Welsh seaside town of Tenby. MWN

Behind the lens

"It had been pouring with rain, but it suddenly stopped and the sky opened up and there it was — a horse's head emerging from the beautiful blue sky."
Gareth Davies, photographer

Strange clouds

- **Kelvin-Helmholtz wave cloud:** Resembles a series of crashing ocean waves.
- **Mammatus cloud:** These ominous, bobbly and sagging clouds are named after Latin word for "breast."
- **Lenticular cloud:** Beautiful lens-shaped clouds that are commonly mistaken for UFOs.

Also spotted

Cloud in the news

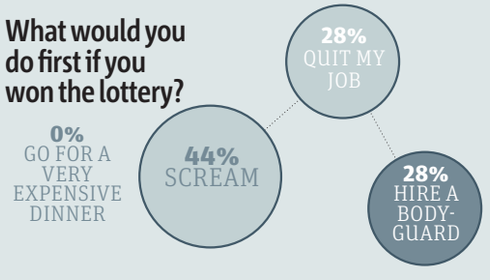
A self-named "cloud appreciator" caused a storm in meteorological circles after proposing a new class of cloud "undulatus asperatus."

If successful, the cloud by Gavin Pretor Pinney, author of The Cloudspotter's Guide, will be the first cloud formation added in more than 60 years. MWN

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What would you do first if you won the lottery?



Twitter

@ImSuzeeQ: holy crap #vancouver, did anyone get blown away by the #wind?

@NandosPeriPeri: Wow, Mondays really DO BLOW! #WIND

@PoppetMann: I am in love with the wind and rain! Quite possibly the only one on that boat, though. :-(#Vancouver

@hattitudejewels: i can't believe the #wind today... is it a #hurricane?? this is nuts! #vancouver weather

@YvonneGhik: All this rain and wind makes me want to get out of #Vancouver and go somewhere warm and sunny!

@sjhosie: So sad. So hurt. As are we all. And we don't even know how deep this runs yet. #Ilovetheplayhouse #SavethePlayhouse

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Jonah Hill and Channing Tatum star in 21 Jump Street. HANDOUT

Tatum makes the 'jump' into comedy

21 Jump Street.
Co-stars Channing Tatum and Jonah Hill have plenty of fun remaking an old TV hit

STEVE GOW
scene@metronews.ca

When the idea of updating former television hit 21 Jump Street to the big-screen entered Jonah Hill's mind, there was one notion that stood out to him as particularly attractive.

"I think that everyone would like to relive certain parts of their lives with the knowledge they've accrued since that time," said the recent Oscar-nominated actor.

"If you had all the answers, you could go back and score big."

In this case, the fantasy of revisiting the past isn't just referring to adapting a Johnny Depp-lead TV show that debuted in 1987, but it speaks to the comedy's main plot: When two young-looking cops are assigned to bust a high school drug ring as undercover students, they get a chance to relive the prime of their youth.

For Channing Tatum — perhaps most recognized for his romantic dramas The Vow and Dear John — it was an opportunity to branch into comedy alongside a talented cast.

"(What I learned was) just be free," admitted Tatum of his rare attempt at broad big-screen comedy.

"You just have to sort of do it and be honest about what you're doing. Don't think about being funny," he adds.

"Don't say I'm in a comedy — that's what I told him," added Hill.

"You just pretend you're doing a drama but the circumstances and the characters are different."

Hill's advice is indicative of the trusting relationship the leads forged while filming 21 Jump Street (which hits theatres this Friday) — perhaps the most important ingredient in making the classic buddy actioncomedy the film aspires to be.

"We had so much fun," said Tatum.

"I think this is one of those rare movies that the more fun that you have and such a good friendship that I think it shines through in the movie."

DVD reviews

The Descendants

Director. Alexander Payne

Stars. George Clooney, Shailene Woodley, Amara Miller

●●●●●

Honolulu real estate lawyer Matt King (George Clooney) lives in paradise, but he can't see the beauty for the pain. His wife, Elizabeth, is in a coma following a water-skiing accident, his two daughters are sullen and rebellious, and he is coming down to the wire on a difficult decision he has to make about the sale of 25,000 acres of pristine Kauai shoreline. Despite Matt's problems, director Alexander Payne doesn't ask viewers to wallow in gloom. On the contrary, The Descendants is a stealth comedy that could leave you feeling woozy with unexpected contentment.

My Week with Marilyn

Director. Simon Curtis

Stars. Michelle Williams, Eddie Redmayne, Kenneth Branagh

●●●○○

It's fascinating to watch Michelle Williams, a very fine actress, make the attempt to channel Marilyn Monroe. In the process she redeems a movie of such trivial effect, it might have worked better as dinner-theatre farce.

My Week with Marilyn concerns events in 1956, when Monroe travelled to England to make a movie at London's Pinewood Studios.

Despite nice turns by supporting players Kenneth Branagh and Judi Dench, the film is little more than a vehicle to display Williams' considerable talents, which it surely does.

PETER HOWELL

2 SCENE

Scene in brief

Harvey to star in own TV show

Steve Harvey is going to star in his own daily television show, and it's going to be taped in Chicago. In a news release, Gov. Pat Quinn says the comedian, actor, author and radio host will host a one-hour program called Steve Harvey at the NBC 5 studios in Chicago.

THE ASSOCIATED PRESS

On the Web

One year after disaster, Cyndi Lauper returns to Japan, urging support for devastated areas

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Bell Coca-Cola metro The Vancouver Sun

Making the transition to 'real life' can be a bumpy ride for filmmakers

John Carter. Talented animation director Andrew Stanton has attempted live action with latest film — will it be a hit?

MICHELLE CASTILLO
Metro World News

John Carter, released this past weekend, is starting to look like a critical bust. HANDOUT

A Bugs Life and Finding Nemo are some of the most beloved computer animated films of this generation. Thanks to the skillful hand and eye of director Andrew Stanton, the pixels come to life and create heart-warming, emotional films.

Time will tell if his latest effort, John Carter — which was released this past weekend worldwide — will be part of his critically-acclaimed collection. Unfortunately, it is starting to look like a critical bust. The movie is currently at a 51 per cent approval rating on RottenTomatoes.com.

Here are four other film directors who went from animation to live action, with varying levels of success:

Brad Bird: Mission: Impossible - Ghost Protocol

Notable animated works: Ratatouille, The Incredibles, Iron Giant

One of Pixar's most notable directors, Brad Bird started training as an animator at the age of 14 under the tutelage of Milt Kahl, one of Disney's core animators known as the Nine Old Men. According to the New York Times, Tom Cruise suggested he direct the next Mission: Impossible installment, and J.J. Abrams urged him to join via a late night text message that simply said "Mission?" Though some were skeptical the series needed another film, the movie had extremely positive reviews and grossed almost $680 million worldwide to date.

Rob Minkoff: The Haunted Mansion

Notable animated works: Stuart Little, The Lion King

The Lion King was one of the cornerstone films that made up the period known as the Disney Renaissance. Even the re-released 3D version was able to captivate audiences, grossing over $487 million worldwide. The Haunted Mansion, based on the Disney theme parks ride of the same name, was also a box office success, bringing in over $182 million worldwide. However, it was universally panned due to the fact that many critics said it did not provide spook nor snark.

Phil Lord and Chris Miller: 21 Jump Street

Notable animated works: Cloudy with a Chance of Meatballs, TV show Clone High

Directing duo Lord and Miller make have started in TV animation, but they made a name for themselves with their quirky movie Cloudy with a Chance of Meatballs. Now, they're tackling the real world with a remake of the classic show 21 Jump Street. While their version won't be a drama and won't star Johnny Depp, previews seem to show that Jonah Hill and Channing Tatum will do well in the new comedic iteration.

Adam Scott is all smiles since he discovered comedy

Adam Scott says his foray into comedy acting was a 'fluke.' GETTY IMAGES

Friends with Kids. Actor says that the camaraderie in the world of comedy offers him 'a nice way to work'

DOROTHY ROBINSON
Metro World News in New York

It was a role in the comedy Step Brothers that gave dramatic actor Adam Scott his big break.

"It was a fluke, honestly," says the actor on landing his role as Will Ferrell's conceited biological brother in the 2008 comedy. "It was so fun and exciting; no day was ever the same," he remembers. "That and [Starz comedy series] Party Down took me in a new direction. I never looked back."

On comedy...

"It was so fun and exciting; no day was ever the same"

Adam Scott, star of Friends with Kids
Talking about filming Step Brothers with Will Ferrell

Discovering his comedic acting chops was a happy accident for Scott, because once he discovered he could do comedy — and do it quite well — the chummy, creative L.A. comedy scene invited him into their fold.

"Before, I was chasing some brass ring that never really existed and trying to get guest spots and dramatic roles. It wasn't until I found the comedy scene that I started creating my own destiny," he says. (Scott currently stars in NBC's hit comedy Parks and Recreation).

"We take things from the ground up, and everyone is very inspired by each other. We like to help each other out with projects. It's a nice way to work."

A nice way — and also a fruitful one, as it was his friends who helped him land his first big starring film role in the new indie dramedy Friends with Kids. "Jen and Jon have been friends of mine for a long time, and they asked me to do it," says Scott (that would be the film's writer, director and lead actress, Jennifer Westfeldt and her boyfriend, Jon Hamm, who acts in the film as well as serves as an executive producer).

Leaked photos

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

THE WORD
Dorothy Robinson
scene@metronews.ca

Heather Morris naked? Yawn

Nude photo "scandals" are becoming about as fun to write about as celebrity divorces. (Meaning: they're becoming a dime a dozen.) The latest celebrity to fall victim to a phone hacking scandal? Glee star Heather Morris. A week after Olivia Munn and Mad Men star Christina Hendricks were hacked, naked photos of Morris in various risqué, naked poses were leaked on Sunday night. There's been no comment from Morris' team regarding the leak. Before I jump into a few thoughts on this: Yes, I'm paid to think about the implications of nudie pics, and yes, my parents are very proud of me.

Now then. Why are these pictures always nude self portraits? And where are the pics they (should) be receiving in return? Honestly, by now aren't you all as bored of these "leaks" as I am? The only way this news will become exciting again is when a star's phone gets hacked and it'll have nude photos of other people on it.

Heather Morris ALL PHOTOS GETTY IMAGES

Yes, it's true: Halle is engaged

Olivier Martinez and Halle Berry have kept fairly mum on their engagement, but Martinez is happy to confirm the news.

"Yes, of course we're engaged," he tells Miami.com at the opening of his new restaurant, Villa Azur. There are some things that Martinez would like to clear up, though:

"There is a jeweler taking credit for doing the ring and it's a lie," he says. "They have nothing to do with this."

Madonna

Madonna juggles it all

It's not easy being a single mother and having a career — not even for Madonna.

"I'm not going to lie — it's hard work having four kids and doing all the work I do," she tells the Sun. "It's a challenge juggling everything — multi-tasking is my middle name. I try to express that."

As for rebounding after her separation from ex-husband Guy Ritchie?

"Sometimes I cope with it very well, sometimes it's a struggle," she says.

A good, friendly divorce

It looks like Katy Perry's split from Russell Brand really was amicable, at least according to the pop star's dad, Keith Hudson.

"There are no hard feelings towards Russell," Hudson tells Us Weekly.

"I just received a text from him the other day in fact. He is a wonderful and smart guy."

Brand's divorce from Perry will be finalized in June.

As for the singer herself, "Katy is doing well just now," Hudson says. "Her career got really busy and she did not get to see that much of Russell. It was just one of those things."

Katy Perry

Who knew? The Queen's a joker

While most wouldn't think of the British Royal Family as a humorous bunch, Prince Harry insists there are a lot of laughs out of the public view.

"She is very funny, but I think she gets it from my grandfather. They are very funny together," Harry tells the Telegraph about his grandmother, the Queen.

"My family is the same as any other family when it comes to humour behind closed doors, though I'd like to think I was funnier than my grandmother."

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3 LIFE

Feels good

Effective massage

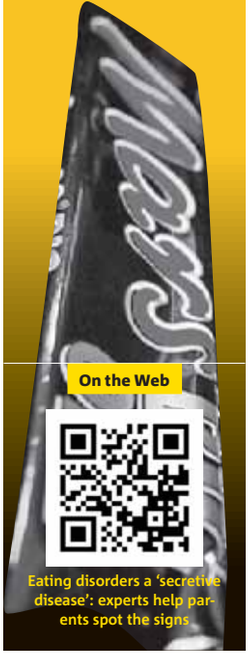
Massages can be as effective as painkillers. Scientists at McMaster University in Hamilton, Ont., found that the pain reduction associated with a massage is of a similar mechanism to anti-inflammatory drugs.

Metro World News

A new study shows

Death of the king-sized candy

M&M binge days are officially over. By the end of next year, chocolate manufacturer Mars will be capping the calorie content per bar to 250 calories or less. As the world gets fatter and fatter, any counteractive plan is welcome. But will this stop you from buying two bars if one isn't enough?



On the Web

Eating disorders a 'secretive disease': experts help parents spot the signs

Learning to deal with the effect of breakups

Time to wipe those tears and move on. Dr. Logan Levkoff, a relationship expert, has some advice for those going through it

Even the greatest loves come to an end. HANDOUT

ROMINA MCGUINNESS
wellness@metronews.ca

Your issue: You can't eat, sleep or function properly. All you can think of is how much you miss being with them.

"It's normal to hurt and be sad whether or not your relationship was a good one or not. It took up a part of your life and now it's over, it's OK to mourn that. Think, 'that didn't work, what do I need from someone in my next relationship. What are the things that are important to me and what are the things that I can let slide?'

This will help you figure out how to tackle things next time around. Surround yourself with people who make you smile, who let you unload and cry and be miserable but also are the first to tell you to snap out of it.

Romantic relationships may come and go but you have friends in your life that might end up being more long term and monogamous."

Your issue: Being 'single' freaks you out. You don't want to get back together but you do miss being 'in a relationship'.

"Don't let a relationship define you. Remembering your success and worth in life isn't measured by your relationship status is hard in the light of things like the Facebook status icon. Personal success should not be measured by relationship status as it's better to be single, fulfilled in life and have great friends than be unfulfilled physically or emotionally with a crappy partner."

Your issue: You can't stay away from them. One call or text from them saying they miss you and you're back in their arms as if nothing ever happened.

"There's a difference between going back to an ex for sex because you want some kind of physical outlet than going back because you hope it's going to work out despite your differences.

Evaluate who you are. If you're the kind of person who can have sex with an ex just for the sake of it, great, but not everyone can.

If this is going to get you right back into that world where you're going to get your heart broken again it's not the best decision to make."

Your issue: You go out on the hunt. Finding a replacement will help you get over them. If you randomly bump into each other, you need someone on your arm to spite them.

"Deliberately going out and looking for a new relationship is a bad idea. There is a difference between randomly finding someone right after a break up that you have this great chemistry with to being on the hunt to replace the one you lost.

That said, we sometimes develop great relationships at times we are not looking for them, especially right after we have broken up."

Your issue: You're constantly checking Facebook and twitter to see what they have been up to so you can sniff out possible new relationships.

"Know yourself. If you're the kind of person who knows that they will get a little crazy and stalker-like on Facebook and twitter, and that every time they post something this is going to send you over the edge and cause you to spiral downwards into misery then now would be the time to delete it and not give yourself access to those things."

Celebrity breakups

Elizabeth Taylor and Richard Burton

The classic love hate scenario. At least she amassed a stack of diamonds by the end of it.

Elizabeth Taylor and Richard Burton

Seal and Heidi Klum

We're still in denial over this one. It should be illegal to break up when you make such cute babies.

Seal and Heidi Klum

Jennifer Aniston and Brad Pitt

Does anyone still care about this? Jen does, if you believe the tabloids. Which no one does.

Jennifer Aniston and Brad Pitt

HANDOUT PHOTOS

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Musette Caffe: The stairway to hungry cyclist heaven

Cheese, garlic and egg speciality crepe ($9.95) and Borsch ($4.50). ERIN IRELAND

LUNCH RUSH
Erin Ireland
life@metronews.ca

We all love a good hidden gem. The harder to find, the better, right?

Musette Caffe isn't terribly obscure...from the back alley, that is. Cyclists using Hornby Street's bike lane have especially easy access, and that's the whole point. It's a café designed for them. Even their two-wheelers are allowed inside.

Thomas Eleizegui, owner, fashion guy, and most importantly, cycling buff, wanted a place to showcase his memorabilia. It's these treasures that make up Musette's eclectic decor. Through and through, he's created a racer's haven.

Lunch is made by adjoining European Breads Bakery Organic Crepe Café, treats are from Sweet Naturally and coffee is 49th Parallel — superb sourcing by Eleizegui.

Hungry patrons should try the Cheese, Garlic and Egg Specialty Crepe ($9.95). With layer upon layer of doughy folds — filled with gooey richness — it was seriously blissful comfort food.

Finish with an over-sized S'more ($3.25) that's made with a custom-cut marshmallow and soft cookies that won't break when you bite.

Visiting the restaurant

Musette Caffe

Address. 1262 Burrard St. (in alley facing Hornby St.)

Phone. 778-83-9850

Website. musettecaffe.com

Rating. 5/5

Price range. $3 - $10

Lunch with co-workers. Yes

Social lunch. Yes

Basque Chicken Stew.
Thighs are the base for vibrant Spanish dish

1 Cut tomatoes in half crosswise. Gently squeeze out seeds and chop; set aside. Trim off excess fat from chicken thighs; cut each in half.

2 In large saucepan, heat 15 ml (1 tbsp) of oil over medium heat; cook chicken, in batches, 3 minutes per side or until golden. Transfer to plate.

3 Add remaining oil to pan; cook onion and red pepper for 3 mins. or until softened. Add ham, garlic, salt, paprika and pepper; cook 1 minute. Stir in tomatoes. Nestle chicken in sauce and bring to a simmer; cover and simmer for about 15 minutes or until juices run clear when chicken is pierced. FOODLAND ONTARIO/ THE CANADIAN PRESS/ ADAPTED BY EMILY RICHARDS (VISIT EMILYRICHARDSCOOKS.CA)

Ingredients

- 2 tomatoes
- 500 g (1 lb) boneless, skinless chicken thighs
- 30 ml (2 tbsp) olive oil
- 1 onion, chopped
- 1 red bell pepper, chopped
- 45 g (1 1/2 oz) prosciutto
- 2 cloves garlic, minced
- 2 ml (1/2 tsp) each salt and smoked paprika
- 1 ml (1/4 tsp) pepper

Classic deli flavours get all rolled up

A stromboli is kind of a cross between a grinder and a calzone. Bread dough is rolled out, filled with sliced meats, cheeses and vegetables, then rolled up and baked.

To serve, stromboli are simply sliced like a loaf of bread, creating a spiral baked sandwich that is perfect for large parties. If you like, you also can serve sandwich condiments (or even warmed marinara) alongside the stromboli slices for dipping.

1 Coat baking sheet with cooking spray. In skillet heat oil over medium-high and cook vegetables and garlic, 10 mins. or until tender and any liquid has evaporated.

2 Stir in olives, capers and Italian seasoning. Season with salt and pepper, then set aside to cool slightly.

3 On lightly floured surface, roll out dough to 30-by-40-cm (12-by-16-inch) rectangle. Arrange sliced meat over dough, leaving a 2.5-cm (1-inch) border on longer sides, as well as the end farthest from you. Spread cooked vegetables over meat, then sprinkle with cheese

4 Starting with side closest to you, roll stromboli up like log. Pinch seam and ends to seal. Transfer to prepared baking sheet with seam on bottom.

5 Using paring knife, make 3 deep slits in top of loaf. Heat oven to 190 C (375 F). Let stromboli rest for 20 minutes while oven heats.

6 Bake 50 minutes or until a meat thermometer inserted at centre reads 83 C (180 F). Outside should be golden brown. Let cool for at least 20 minutes before slicing. THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

This recipe serves 10. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- Cooking spray
- 15 ml (1 tbsp) olive oil
- 500 ml (2 cups) chopped raw vegetables, such as peppers, onions and mushrooms
- 2 cloves garlic, minced
- 50 ml (1/4 cup) chopped pitted kalamata olives
- 15 ml (1 tbsp) drained chopped capers
- 5 ml (1 tsp) dried Italian herb seasoning
- Salt and freshly ground black pepper
- 1 ball pizza dough (about 550 g/20 oz)
- 285 g (10 oz) sliced deli meat, such as salami and ham
- 250 ml (1 cup) grated provolone or mozzarella cheese

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Are we a nation of money dummies? Take the quiz to find out how you fare

Financial literacy. Canadians still have a long way to go when it comes to being savvy about spending and saving

YOUR MONEY
Alison Griffiths
money@metronews.ca

If there's a growth industry in Canada over the past several years it's been financial literacy. We have seminars, forums, conferences, gala dinners, government pronouncements and umpteen columns and blogs by personal finance writers all aimed at promoting and improving financial literacy.

Heck, we Canadians even have a financial literacy month — it's November if you didn't already know!

So how have we done?

Not that well, according to a survey just released by the Financial Consumer Agency of Canada.

The agency asked five questions of more than 2,000 Canadians. Shockingly, only four per cent of respondents got all the questions right and only 23 per cent correctly answered four of the five. And these questions were hardly stumpers!

Take the true or false test yourself.

1. When you open an account, the bank must give you a written statement of all service fees and charges.
Correct answer: True. If you got this one right, you're in good company, as 80 per cent of those surveyed did also.

2. You won't pay interest on a cash advance as long as you pay your credit card balance in full by the due date indicated on your statement.
Correct answer: False. Only 40 per cent got this right and it can be a costly mistake as interest is charged the minute you withdraw the money.

3. A bank cannot refuse to open an account because a person has filed for bankruptcy, doesn't have a job or has no money.
Correct answer: True. Only 35 per cent knew about this basic right.

4. If you want to pay off or renegotiate your mortgage before the maturity date, you will never have to pay a penalty greater than three months' interest.
Correct answer: False. Sixty-one per cent got this one wrong and it too can be a costly mistake.

5. Financial institutions allow account holders to share their PIN with other family members, such as a spouse.
Correct Answer: False. Heart-eningly, 67 per cent got this correct.

While there was some encouraging news in the survey results, overall the fact is Canadians still have a long way to go until they are financially literate.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISON-GRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM

Alison's money rule:

"If you are aiming for financial literacy, start by testing your basic assumptions."

Let's start talking about money. ISTOCK

How do joint accounts work?

- Sharing: 86% of Canadians know that joint account holders have equal responsibility for their chequing and savings accounts.

Toss out your takeout menus

TINA CHADHA
life@metronews.ca

By the time you get home from work you're starving, tired and ready to pop a frozen burrito in the microwave. (Or, even better, order pizza!)

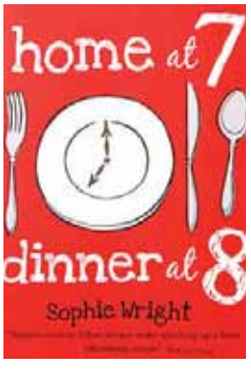
It might seem like a good idea at the time, but ordering all that takeout is likely having an effect on your wallet — not to mention your waistline.

But there's still hope for home-prepared meals in your future. U.K. culinary star Sophie Wright — the youngest head chef in England at age 20 — insists making dinner doesn't have to be time- or labour-intensive.

"You just need to be well organized," says Wright. "You need to have an idea [of a recipe] in the back of your head. Maybe flick through a cookbook the night before.

Sophie Wright / CONTRIBUTED

Then, rather than stopping for a slice of pizza on the way home, stop at the supermarket and pick up a few bits and make a really nice meal."



If this sounds like a case of easier-said-than-done, Wright shows us how in her new book, Home at 7, Dinner at 8, which is filled with 80 easy, fancy-sounding recipes, such as Honey Roasted Pork Tenderloin and Red Wine, Gorgonzola and Orange Risotto that can be in your belly in less than an hour.

Taking into account that Wright chops food a lot faster than us novice cooks, the chef added on extra time to each recipe and made sure not to use too many pans ("It's horrible washing up after you cook").

But the true test: "My guinea pig is my boyfriend, who is the most incompetent cook," she says, laughing. "I know that if he can do it, anyone can."

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Protect your money

March is fraud prevention month

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

Don't let a fraudster steal your hard-earned savings. ISTOCK

I 'win a free cruise' by way of an unsolicited phone call at least once a month. I don't know why or how my phone number is made available to these fraudsters, but it happens and it irritates me.

Fraud prevention is important so that you don't end up in a poor financial position you didn't create.

Take a common sense approach to protecting your personal and financial information. If an offer looks too good to be true, it probably is!

If you don't recognize a phone number, don't pick it up. Let it go to voice mail. Legitimate people will leave a detailed message and request a call back. If someone you don't know wants your personal information or to sell you a suspicious product or service, stop talking to them!

Beware of individuals that try to sign you up for a sales program that looks like a pyramid or Ponzi scheme. If you get a bad vibe from someone, or the company they are associated with, don't ask them for referral. You'll need to conduct independent research.

When surfing the Internet or social networking, limit the amount of information you disclose.

Never give out your address, phone number or banking information.

If you're shopping online, ensure the payment website is secure. If you're not sure it is, call the company that makes the product directly and talk to the privacy officer. Never click on a pop-up window, especially if the advertisement is requesting your personal information.

If you receive email requests for information, verify the message and sender using a third party unrelated to the message.

Change your passwords regularly and try to make them difficult for fraudsters to guess, but easy for you to remember. Typically a combination of numbers and letters is best. Check that your computer's operating system is fully updated and that you have a robust security system that includes a personal firewall, anti-spam, anti-virus and anti-spyware.

Log off everything; especially online banking!

If you slack off protecting your information, your identity could be stolen, resulting in financial ruin. Don't leave yourself vulnerable to fraud!

FIND LESLEY SCORGIE ONLINE AT LESLEYSCORGIE.COM OR FOLLOW HER ON TWITTER @LESLEYSCORGIE

Remember: Etiquette is for everybody, everyday

You don't need Nanny McPhee's magic to improve your kids' table manners. HANDOUT

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Charles, I love your column. And now I'm in need of some advice. Do you know of any courses in etiquette? I ask because I would like to help children with etiquette, especially those with less advantaged backgrounds. However, I can't find any courses in Toronto.
Yours truly, Roberta

Dear Roberta,

Thank you for your kind words about my column. It is so much fun to write and I consider myself very lucky to work with all of you readers.

Regarding etiquette classes for children, I have looked across Canada and have not found any as of yet. What I have seen however, is sometimes a local church or private club will invite an etiquette expert in their area to speak to their members and sometimes they will do a children's class. I believe very strongly that if this is something you believe in, that you should organize a group in your local area and invite an etiquette expert to come and speak. Remember etiquette is not for rich or snobby people; etiquette is for all of us, everyday. I believe that children who are taught etiquette lessons when they are young have better opportunities in life and in business because of their social skills. And selfishly, it is just so much nicer for all of us to be around someone with good manners! So go out there, get something organized and let us know how it goes. If you write to me I will do my best to guide you and your group through the process!

'Mommy porn' coming to a bookstore near you

Book. Popular romance trilogy, E.L. James' Fifty Shades of Grey, gets US publisher

E.L. James' Fifty Shades of Grey trilogy, a word-of-mouth romance smash so erotic it's sometimes labelled "mommy porn," has been signed up by a paperback division of Random House Inc.

Vintage Books announced Saturday that it had acquired the three books — Fifty Shades of Grey, Fifty Shades Darker and Fifty Shades Freed. E-book editions were set to be released Monday and paperbacks are expected in early April.

The novels had been distributed by an Australia-based publisher, the Writer's Coffee Shop Publishing House. The trilogy follows the romance between a young billionaire, Christian Grey, and a college student, Anastasia Steele. It has sold more than 250,000 copies, and on Saturday, the first volume was No. 1 on both Amazon.com and barnesandnoble.com.

"Fifty has taken me on an extraordinary and wholly unexpected adventure, and I'm thrilled to be continuing it with Vintage," James, a former television executive based in London, said in a statement issued Saturday by Vintage.

"I've heard from so many readers trying to find these books in their local bookshops and libraries. It is gratifying to know that they will soon become widely available in the U.S. and around the world."

James' trilogy began as fan fiction, a thriving genre online in which fans write variations of their favourite books and characters, stories usually intended solely for fellow aficionados. James used the vampire Edward and teen Bella from Stephenie Meyers' mega-selling Twilight and placed them in Seattle.

First called Master of the Universe and published two years ago on the website fanfiction.net, James' stories attracted a strong following and were released commercially in 2011 by Writer's Coffee Shop.

Sales

250,000

The Fifty Shades of Grey trilogy has sold more than 250,000 copies.

The books' success has set off a strong debate online.

On a chat room for NBC's Today show, which ran a segment on the trilogy earlier this month, several negative messages were posted, saying it was wrong for readers to pay for a trilogy originally available for free and that Christian and Anastasia were stand-ins for Edward and Bella.

In an email Saturday, romance author and blogger Sarah Wendell said similarities to Twilight included "the hero's 'long hands,'" the "klutzy heroine with auburn hair" and the narrative being "told from the heroine's very deep first-person point of view."

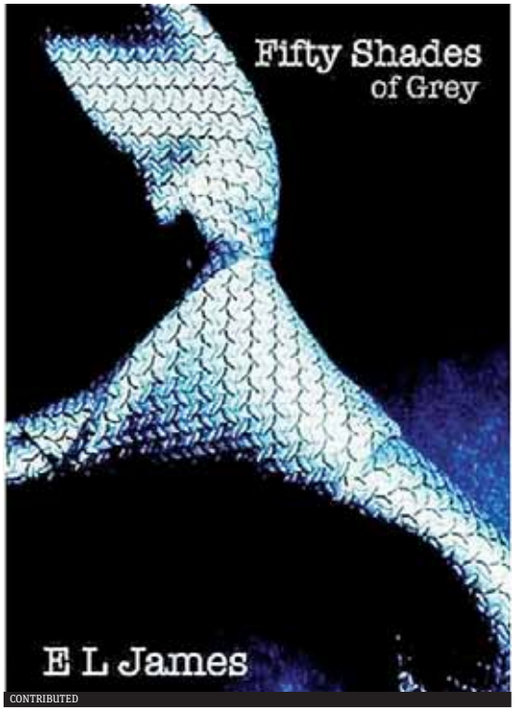
"The themes of Twilight are very much repeated," she added, "innocent heroine, dark, emotionally unavailable hero with a secret, isolation of the heroine from the rest of the world while with the hero, and the hero's overwhelming ability to care for and provide for the heroine with limitless wealth. It's a wealth fantasy as well as an erotic fantasy."

Vintage defended 50 Shades as an original creation with a passionate following.

"It is widely known that E.L James began to capture a following as a writer shortly after she posted her second fan fiction story," Vintage said in a statement.

"She subsequently took that story and re-wrote the work, with new characters and situations. That was the beginning of the Fifty Shades trilogy. The great majority of readers, including fan fiction aficionados, have found Fifty Shades deeply immersive and incredibly satisfying."

THE ASSOCIATED PRESS



CONTRIBUTED

Advice

Company on the road to recovery

Dear Sisters,
I'm a recovering alcoholic and my husband, although supportive on the surface, seems to be more concerned with how inconvenient it is for his lifestyle and gets jealous when I spend time with my male friends from the meetings. How can I get him to help my recovery instead of being so self-centered?
AA.

TWO SISTERS
Andrea and Claire
Life@metronews.ca

Claire: Dear AA,

Please see Step 8 of the 12 steps of AA, which requires you to make amends to all those you have harmed as a result of your addiction. I'm guessing that you two have been through a lot these past few years, and yet he's still there next to you. And I'm guessing that he has as much to recover from as you do, so you owe each other compassion, kindness and a lot of time and healing.

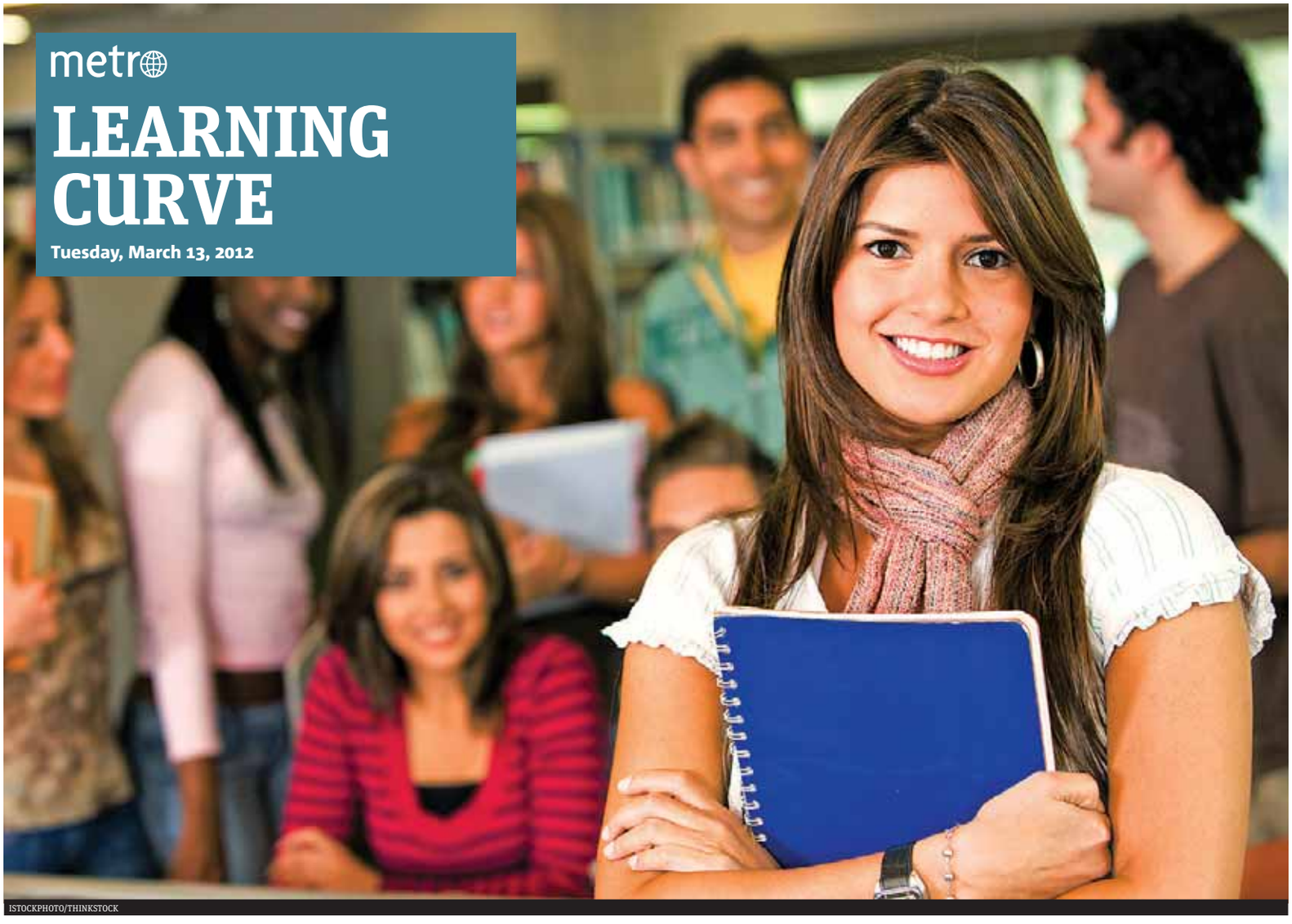
If he has a hard time with this aspect of your recovery, think about why, and see if you can find a compromise, together. Good luck to you both, and well done.

Andrea: Dear AA,

First off, congratulations on taking the road to recovery — it's an incredible transformation from where you were.

As you are creating this new life, it's normal for others around you to have to catch up, even if the change is for the better. If you can find a way for your husband to participate in the process with you, he should feel less defensive about your male friends. This will help strengthen your relationship in the long run. Remember the saying "work hard, play hard," though. Making time to enjoy each other and to fall in love again is just as important to your success. Namaste!

metro
LEARNING CURVE
Tuesday, March 13, 2012



ISTOCKPHOTO/THINKSTOCK

Langara students garner top marks

Marketing project.
Second-year students take home $250 each

DANIEL HENDRIKSEN
For Metro

Four Langara College students were recently announced as winners of British Columbia's 2011 Student Marketing Research Competition.

Marketing students Graeme Chalmers, Joanna Babuich, Chloe Woolsey, and Shenglong (Kevin) Jiang took home the Roger Griffin Award for Excellence in Marketing Research, as well as $250 each thanks to a project the foursome completed this past December.

The award-winning project saw the four Langara students put together a two-phase research study designed to determine the attributes consumers consider important when selecting a coffee shop.

In a press release, Langara marketing instructor John Falcus said he was proud of the second-year students and their work.

"The project produced by these students was exceptional," said Falcus. "They competed with students from UBC, SFU, BCIT, and the University of the Fraser Valley — coming in first place is a terrific accomplishment. It's wonderful to see their work recognized by the market research industry in B.C."

The annual marketing competition is put on each year by the B.C. branch of the Marketing and Research Intelligence Association (MIRA) — a non-profit organization that represents all aspects of the market intelligence and survey research industry.

SFU student named first winner of business award

A Beedie School of Business undergraduate student has been named the inaugural recipient of Simon Fraser University's (SFU) HSBC Women in Business Leadership Award.

Stephanie Wong was selected for the award thanks to her exceptional academic achievements and student leadership skills. She is the founder of SFU's Young Women is Business (YWiB) chapter, the Supporting Our University Leaders (SOUL) mentorship program and GIVE (Generating Innovative Visions of Entrepreneurship).

For her efforts, Wong will receive $10,000 per year for the final two years of her bachelor of business administration degree, which she says will help her continue to make a difference.

"This award will enable me to further my education and dedicate my time to making a positive impact on the issues I am most passionate about, including building a more diverse workplace for myself and my peers," Wong said in a press release.

Thanks to the newly established Women in Business Leadership Awards, eight universities across Canada, including SFU, will receive $80,000 over the next five years.

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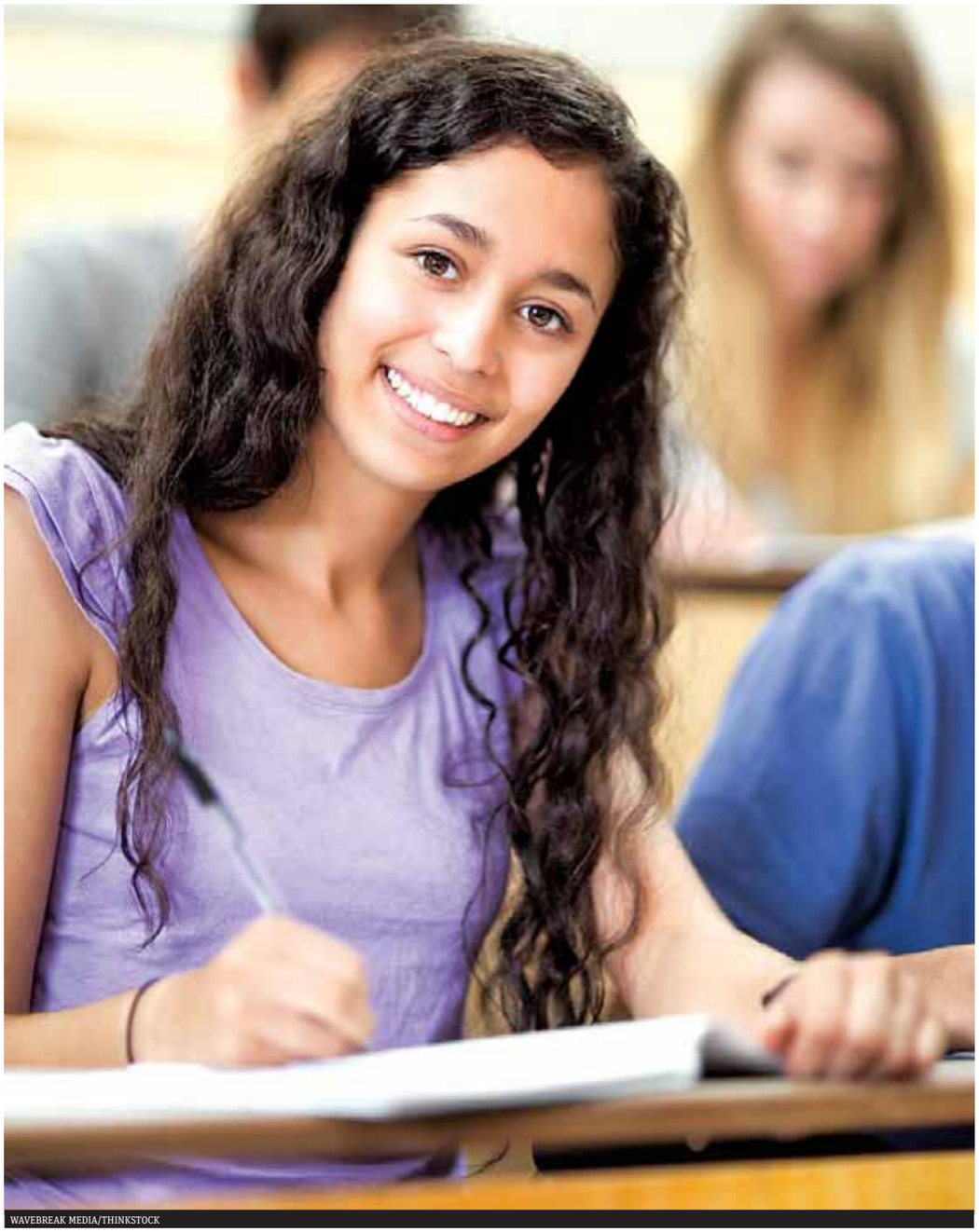

WAVEBREAK MEDIA/THINKSTOCK

No time like the present

Job hunt. Online or offline, the sooner you start looking for a summer job, the better

JON TATTRIE
For Metro

Getting a summer job is like buying concert tickets — the best ones go first and the latecomers are stuck with the cheap ones. Employment experts say the sooner you start your summer job hunt, the better.

Karin Lewis, an employment counsellor and social media expert at JVS Toronto, says a great place to start your search is online.

"Google is the most effective and flexible job-search tool," she says. Search "summer+job+Halifax" (or wherever you are looking) to get results in your area. Mark "pages from Canada" to limit results. Set up a Google alert with your key terms to have the search giant filter job postings and email them you.

Search Twitter with hashtags such as #summerjobs #calgary. "If you are going to use Twitter, your Twitter needs to look decent," Lewis says.

Make sure your bio reflects your professional ambitions, your photo makes you look employable, and don't flame people about your drinking habits.

Create a solid LinkedIn profile. You can use it as your online resumé and connect to potential employers. Some jobs even require you apply via LinkedIn.

"If you have a good profile on LinkedIn and someone Googles you, that's the first thing they'll find," Lewis says. "It's a good way to control what people find."

There are also lots of job sites like Monster.ca, Jobsposting.ca and even Kijiji. For offline, check out your local employment centre or your university's student services centre. When you apply, use the keywords that describe the job in the posting. Direct it to the person specified. It's better to make a short list of jobs you really want and put a lot of time into those applications than to just fire off dozens of generic emails to dozens of companies.

Make sure you understand the terms of the job. A summer internship on a magazine might sound perfect for a budding writer, but it might not be paid.

While it is important that your summer job provide experience will help you land a permanent job after graduation, you don't want to be exploited for free labour.

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Honorary doctorate for national chief

DANIEL HENDRIKSEN
For Metro

Assembly of First Nations Chief Shawn Atleo. DAVID COOPER/TORSTAR NEWS SERVICE

Shawn Atleo, Canada's National Chief to the Assembly of First Nations (AFN), was presented with an honorary doctor of technology at the British Columbia Institute of Technology's (BCIT) winter convocation last month.

Atleo, widely respected for his achievements and commitment to First Nations, is a Hereditary Chief from Ahousaht First Nation. He has also served as the B.C. Regional Chief of the B.C. AFN, and is known for forging the historic Leadership Accord among First Nations leadership in B.C. in 2005.

"I am honoured to be part of the celebration of accomplishments of this year's graduates," Atleo said in a media release. "Education is key to unlocking potential, and BCIT's efforts in making education more accessible to First Nation students helps build on our broad efforts in supporting education opportunities for First Nations — an economic imperative for the future of our peoples and all of Canada."

In 2003, Atleo received a masters of education in Adult Learning and Global Change from the University of Technology in Sydney, Australia, in partnership with the University of British Columbia, the University of the Western Cape (South Africa), and Linkoping University (Sweden).

Capilano students take in Vietnamese culture

A host of Capilano University students were fortunate enough to travel to Vietnam for 10 days in late February.

As part of Capilano's Study Abroad program, the students visited Hanoi, Ho Chi Minh City (Saigon) and the Mekong Delta. They toured museums, the floating markets of Cai Rang, universities, the Canadian Embassy, and went on both factory and street tours.

While in Ho Chi Minh City, the students visited the War Remnants Museum to get a Vietnamese point of view of their historic war with the United States. They also toured the Cu Chi Tunnels to get a first-hand view of the resistance American and foreign soldiers faced.

Before departing, the students engaged in classes to learn about Vietnamese culture, language, history, economic and political realities. Upon their return, the students prepared presentations about what they had seen and learned during their travels.

To learn more about the Cap-U trip to Vietnam and its Study Abroad program in general, visit capilanou.ca/programs/study-abroad.html.

Motivated.

Simon Fraser. Alumna co-creates new phone application for health-care field

A Simon Fraser University (SFU) alumna is the co-creator of phone application that is gaining an outstanding reputation in the health-care field.

Bella Hwang, an SFU business graduate, and her partner are receiving accolades for their mobile phone platform, Texts 4 Health.

The application is designed to assist health organizations to better utilize their resources. In a nutshell, health centres with large patient loads are able to run more smoothly through the use of categorized automated text messages.

The technology has nabbed Hwang and her co-founder, Jesse Coleman, first place at SFU Venture Connection's inaugural Coast Capital Savings Venture Prize competition — something she says goes a long way in the development of the platform.

"Winning this prize really helps validate our concept and provides useful feedback during this early stage of our business," Hwang said.

Since graduating from SFU, Hwang has completed her master's degree and served as executive director of the Shanti Uganda Society — a non-governmental organization that works toward the development of women's health care in Uganda.

DANIEL HENDRIKSEN

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Walk a mile in her shoes

Douglas College.
Women's Centre sells shoes as fundraiser for International Women's Day

DANIEL HENDRIKSEN
For Metro

ISTOCKPHOTO/THINKSTOCK

In an effort to support International Women's Day on March 8, the Douglas College Women's Centre (DCWC) held a sale, which it dubbed "Walk a Mile in a Woman's Shoes."

The DCWC asked the public to donate gently-used women's footwear and then held two separate sales — March 6 at the Coquitlam Campus, and March 8 at the New Westminster Campus.

All proceeds going towards bursaries to support women in their studies at Douglas College. Leftover shoes were donated to a local women's shelter.

In a press release leading up to the event, DCWC student assistant Christine Nieder said they wanted to show their support for International Women's Day in a more creative way this year.

"We wanted to do something that sets us apart," said Nieder. "Every year it's a very serious affair, and even though we'll still be raising awareness of women's issues, this time we wanted to do something fun, something that hasn't been done before."

The DCWC offers services and resources for women who attend Douglas College, and is a place they can connect with other women's centres in greater Vancouver.

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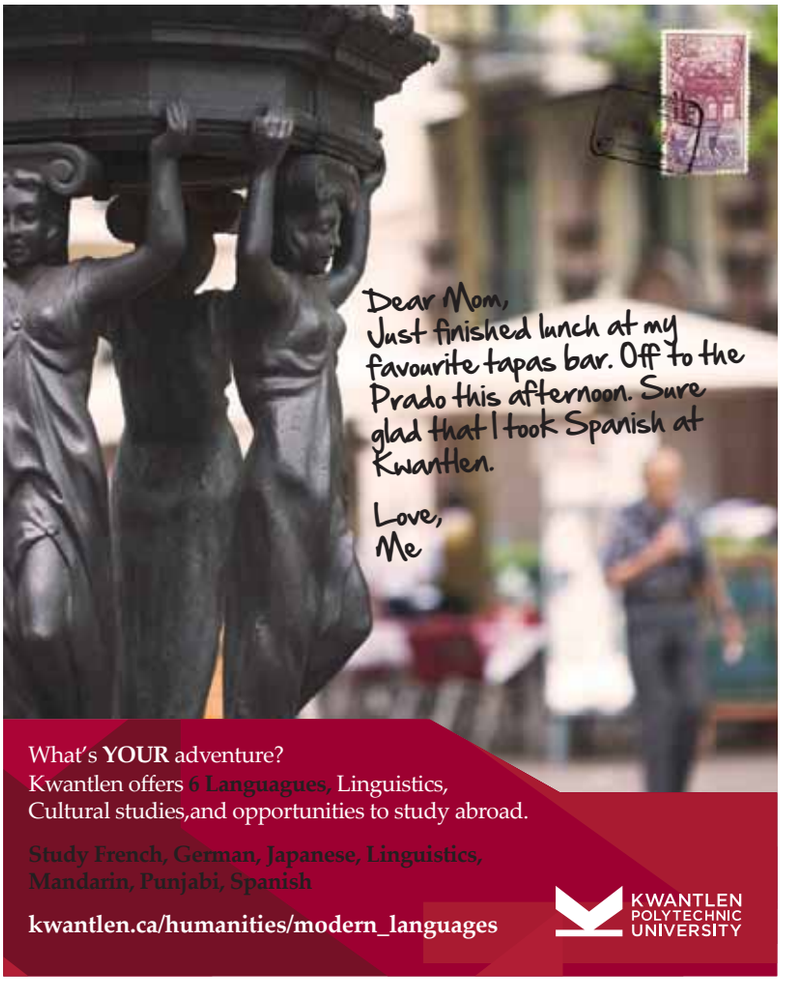
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UBC hosting Bill Reid's artwork

An assortment of Canadian artist Bill Reid's earliest pieces is now on display at the University of British Columbia's (UBC) Museum of Anthropology (MOA).

The collection is available for public viewing for the first time, thanks to a donation to the museum by the Vancouver-based Friedman family. Eleven pieces in all now grace the MOA, including gold and silver jewelry constructed between 1955 and 1974.

"This collection has outstanding significance, not only as a representation of Bill Reid's extraordinary early work — and the value of such material for the study of Canadian art history — but also in encompassing one collector-family's relationship with the artist over a 20-year period," MOA curator Bill McLennan said in a press release.

The collection of art is valued at more than $500,000. It features a gold bracelet with a brooch and matching earrings, and a silver bracelet. With these new pieces, the MOA's assortment of Bill Reid's work surpasses 250 carvings, drawings, metalwork, and sculptures. The donation by the Friedmans also features a print by Reid and a Northwest Coast bracelet by an unknown artist.

For more information, visit moa.ubc.ca.

DANIEL HENDRIKSEN

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First Impressions

Resumé. Important to catch the eye of your prospective employer

JON TATTRIE
For Metro

Once you have identified your ideal summer job, you need a great resumé to land an interview. Many post-secondary institutions offer help at student services.

Christine Frigault, coordinator of career planning services at Mount Saint Vincent University in Halifax, says students regularly make use of the school's "resumé critiques."

She says the average time an employer spends looking at a resumé is 30 seconds. If you fail to catch their eye in that narrow window, your application goes in the recycling bin. To stay in contention, Frigault says you should research the employer and the position and craft a resumé to match.

"The resumé should be revised each time you apply for a job," she says.

Students may want to use a "functional" format, which emphasizes skills over experience. With few jobs to boast about, highlight academic work, volunteer positions and other activities. Bullet points can make the information pop out. Frigault urges students to use "accomplishment statements" drawn from experience. For example: "Raised $300 at Shinerama."

Two pages is the maximum length for a resumé, and one page may be better. You get another page for the cover letter.

"The cover letter is a good chance to showcase your writing skills," she says. "Three to four paragraphs is standard."

The letter should show the employer how you match the job's requirements, so use the keywords found in the posting. If it calls for energetic people, say you are energetic.

Finally, run the whole thing through your spellchecker and have a friend read it. Typos and misspellings will earn you a spot in the recycling bin.

If you land an interview, keep these "Dos and Don'ts" in mind.

Do:
Do dress for success. Look crisp and professional; iron your shirt.

Do learn as much as you can. Visit the company's website. Talk to people inside the organization.

Do show up 10 minutes early.

Don't
Don't answer a question you don't understand. It's better to ask for clarification, rather than ramble on, hoping you land on a suitable answer.

Resumé tips

- Use 12-point font and keep it consistent.
- Use black ink on white paper.
- Run the spellcheck, and check your "there and theirs."
- Put your name and details on top of every page.
- Use a professional-sounding email, not hungrystudent@hotmail.com.
- If you have an online portfolio or LinkedIn page, send employers to it for further information.

Cover letter

"The cover letter is a good chance to showcase your writing skills. Three to four paragraphs is standard."

Christine Frigault
Co-ordinator of career planning services at Mount Saint University in Halifax

JIBC. School can now administer SSHRC funding

The Justice Institute of British Columbia (JIBC) received some good news in late February.

The educational institution is now eligible to administer funding from the Social Sciences and Humanities Research Council (SSHRC).

The SSHRC is a federal agency that finances research and training in humanities and social sciences programs at Canadian post-secondary institutions and non-profit organizations.

Research supported by SSHRC builds understanding of modern social, cultural, technological, environmental, economic, and wellness issues in Canada.

With the eligibility, the JIBC can now apply for funding from more than $300 million in grants and scholarships awarded by the SSHRC. Dr. Greg Anderson, JIBC dean of Applied Research, explained the importance of being eligible for such grants and scholarships in a press release.

"Obtaining SSHRC eligibility is a significant accomplishment for JIBC," Anderson said.

"It's a testament to the strength of the research team we have built and will help develop the institute as a centre for applied social science and humanities research, which will enhance the safety and security of B.C. residents and communities."

The JIBC SSHRC eligibility comes one year after the school received the same type of accreditation from the Natural Sciences and Engineering Research Council of Canada (NSERC).

DANIEL HENDRIKSEN

Funding. BSCE receives $530K for buildings

DANIEL HENDRIKSEN
For Metro

Western Economic Diversification Canada (WD) recently announced that $530,000 in funding is being allotted to the Building Science Centre of Excellence (BSCE) at the British Columbia Institute of Technology (BCIT).

The BSCE, a one-of-a-kind facility in Western Canada, will use the funds as part of an initiative to increase the lifespans and durability of buildings, as well as to make them more affordable, energy efficient, and sustainable.

The announcement came in late February, and took place in BCIT's active carpentry shop to represent how building sciences applied research will one day translate into direct improvements in a broad range of areas in the construction industry.

With the extra money, the BCSE can create new and expanded labs, and focus more on applied research to improve building performance and building envelope design.

"BCIT and the School of Construction and the Environment is grateful for Western Economic Diversification Canada's federal funding support," Paul Dangerfield, VP of education at BCIT, said in a press release.

THE SHOW features designs by Kwantlen grads

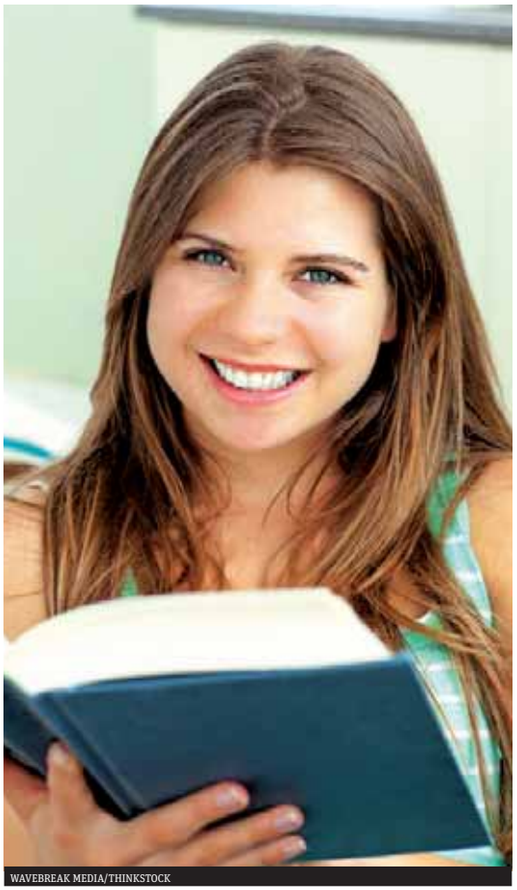
The River Rock Show Theatre in Richmond will be the host of Kwantlen Polytechnic University's annual fashion show April 3. The SHOW will feature 32 original design collections from Kwantlen's Fashion Design and Technology graduates.

The only four-year program of its kind in Western Canada, Kwantlen's Bachelor of Designs curriculum produces some truly stunning designs from its graduating class. Each year, The SHOW showcases those designs and their inspiration, imagination and marketing sensibility.

Graduates of the Fashion Design and Technology program have had overwhelming success in the industry, with more than 90 per cent securing positions in the field since 2005.

Showtimes for the event are 1 p.m., 3:30 p.m. and 7:30 p.m. Tickets are $15 for the afternoon shows and $35 for the evening performance.

For more information, visit kwantlen.ca/theshow.



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Schools team up for green job initiative

DANIEL HENDRIKSEN
For Metro

Six Lower Mainland post-secondary schools teamed up with the city of Vancouver and the Vancouver Economic Commission (VEC) recently in an attempt to better understand private sector needs for green jobs, and the education and training opportunities required for such employment.

British Columbia Institute of Technology (BCIT), Emily Carr University of Art and Design, Langara College, Simon Fraser University (SFU), the University of British Columbia (UBC), and Vancouver Community College (VCC) participated in the Campus-City Collaborative's (C3) second initiative.

"C3 is driving innovation towards Vancouver's growth as a mecca for the green economy by drawing on the creativity of student leaders from across the city," Vancouver Mayor Gregor Robertson said in a press release.

"Together with industry experts and the VEC, the C3 Green Symposium will help us map out a strategy to create the kind of green jobs that will keep our local economy competitive and resilient."

HEMERA/THINKSTOCK

The symposium was held at BCIT's downtown campus with representatives from all six schools.

Chartwells increases Langara endowment

One of Langara College's supporters is deepening its commitment to the post-secondary institution. Chartwells, a food service company, has announced it will be increasing its endowment for scholarships and bursaries at Langara to $500,000 by the year 2020.

With the increase in funds, the annual distribution of student awards will almost double, jumping to $10,000 from $5,500 annually over the next eight years.

Langara president David Ross spoke at a ceremony to announce the new endowment, where he showed his gratitude toward Chartwells on behalf of his school.

"We're here to celebrate a partnership that started back 15 years ago in 1997 when Chartwells joined the Langara family," Ross said.

"This support continues to build today, and we're pleased to announce that Chartwells is continuing to grow their endowment program here at Langara. I'd like to take this opportunity to thank Chartwells."

In addition to the extra money, two new student awards were unveiled through the endowment. The Chartwells Nursing Excellence Awards and the Chartwells Awards of Excellence were announced along with their inaugural recipients of the Nursing Excellence Awards. Kate Hunc and Frances Huang took home the honour after posting near perfect cumulative grade point averages.

Money helps Kwantlen with research development

A new $300,000 donation from the Real Estate Foundation of B.C. has afforded Kwantlen Polytechnic University the resources to launch a $1.065-million, multi-year applied research development to create a Bio-Regional Agri-Food Systems Model and Plan for southwest B.C.

Several additional organizations, including other B.C. universities, municipalities, farmers, and community stakeholders are also partners in the proposed plan.

The multi-dimensional project is designed to show how regional-scale, human-intensive, environmentally sound agriculture and food systems can promote a better food self-reliance for people in B.C.

Dr. Kent Mullinix and Dr. Arthur Fallick of Kwantlen's Institute for Sustainable Horticulture are spearheading the project. Mullinix explained in a press release what they hope to accomplish.

In their support for the B.C. agriculture industry, Kwantlen will also be investing $300,000 in the project.

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Expansion for Sauder

DANIEL HENDRIKSEN
For Metro

Officials with the Sauder School of Business at the University of British Columbia (UBC) have unveiled their newly revitalized $70-million home.

With the addition of 55,000 square feet, the expanded school now boasts 216,000 square feet, allowing for enhancement in several areas of the school, including the Robert H. Lee Graduate School, the Bruce R. Birmingham Undergraduate Centre, the Hari B. Varshney Business Career Centre, the Jim Pattison Leadership Centre, as well as many others.

It is believed that with the expansion, the school can become a global hub for business education, as the renovations encompass state-of-the-art upgrades such as learning and videoconferencing technology.

In a press release, Sauder dean Daniel Muzyka expressed his gratification and pleasure with the newly revitalized school.

"Encouraging innovation requires an inspiring environment that fosters creativity and collaboration," Muzyka said. "Our facilities now match our ambition to be one of the world's pre-eminent hubs for business innovation and idea generation."

For more information, visit sauder.ubc.ca/.

Theatre with West Coast feel at Douglas

A love story not unlike one from Shakespeare, but set in modern times with a West Coast feel. That's what theatre fans can look forward to in the latest production by the departments of Theatre and Stagecraft & Event Technology at Douglas College.

The Very Ecstasy of Love centres on an incompatible bride and groom, who find their true soulmates at their wedding reception. The story is set in the Gulf Islands, giving it a West Coast twist.

The idea behind the location is called cultural mobility — something director Thrasso Petras took from playwright Charles Mee, meaning to use the subject of an existing play, but altering it for a local theme.

"It's a different sort of theatre experience," Petras said in a press release. "We get to say to the students, 'What do you want to bring to this role? What do you want this character to be?' As an actor in a traditional play, you're more of an interpreter. In this play, you're more of a creator."

The Very Ecstasy of Love runs March 16-24 at the Laura C. Muir Performing Arts Theatre, Douglas College. Tickets are available by calling 604-521-5050.

Kwantlen holding open house March 31

Those considering enrolling at Kwantlen Polytechnic University in the near future are encouraged to attend an open house March 31 at the school's Surrey campus.

The event, which will take place from 11 a.m. to 3 p.m., is designed to inform potential students about the many programs, services and learning options that Kwantlen offers.

Faculty, current students and alumni will be on hand to answer questions and give insight as to what life at Kwantlen is all about.

In an attempt to help future students navigate the campus, the school will be offering guided tours of its buildings, labs, restaurants, libraries, and courtyards. There will also be interactive and informative exhibits and booths, as well as mini lectures from Kwantlen staff.

It's a good feeling to land a great job. Talk to VCC about your career options at one of these free information sessions:

Program	Campus
Transportation trades Tuesday, Mar. 13 & 20, 11 a.m. – lobby	Broadway
Teaching English to speakers of other languages (TESOL) Tuesday, Mar. 13, noon – room 518	Downtown
Jewellery art and design *>> Tour and open house* Tuesday, Mar. 13, 1:30 p.m. – rooms 156, 160 & 162	Downtown
Community counselling Tuesday, Mar. 13, 6:30 p.m. – room 425 Wednesday, Mar. 21, 6:30 p.m. – room 420	Downtown Downtown
Baking and pastry arts Wednesday, Mar. 14, 10:30 a.m. – room 216	Downtown
English as a second language (ESL) Wednesday, Mar. 14, 6 p.m. – room 1228	Broadway
Music Friday, Mar. 16, 12:30 p.m. – room 122	Broadway
Career planning and job search courses Monday, Mar. 19 & 26, noon – room 236	Downtown
Hair design & Esthetics Wednesday, Mar. 21, 4:30 p.m. – room 201	Downtown

Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus is located at 1155 East Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

Visit **vcc.ca** or call **604.871.7000**.

View all VCC Info sessions and tours

vcc.ca

Vancouver Community College

4
SPORTS

In brief

Perfect bracket extremely unlikely

Want to be sure of filling out the perfect March Madness bracket this year? Not possible. If you were to stack the amount of paper it would take to fill in every bracket with every possibility among the 68 teams who will play 67 games over the next three weeks, it would not fit inside the universe. So says Michael Weimerskirch, a math professor at Augsburg College, who gets paid to think about numbers and the way they affect the Kentuckys, Butlers and VCUs of the world.
THE ASSOCIATED PRESS

Vancouver's Manny Malhotra checks Montreal's Rene Bourque against the glass on Saturday. DARRYL DYCK/THE CANADIAN PRESS

GMs hope to make at least one rule change

NHL. Hybrid-icing policy may finally have enough support to be added to rule book

When NHL general managers sit down to discuss rule changes, two principles guide them through the decision-making process.

"Every time we make a rule it's about safety or scoring more goals," Carolina Hurricanes GM Jim Rutherford said Monday.

The 30 custodians of the game emerged from the first day of their annual March meeting feeling optimistic that they'll be ready to recommend a change that falls under each category.

After years of discussion, it looks like there is finally enough support to adopt a hybrid-icing rule that would see the faceoff circle being used as the marker where a play can be blown dead. It's already in place in NCAA hockey and is designed to keep players from crashing into the end boards while racing back for the puck.

"It makes sense, it makes it safer for the players," said Rutherford. "You're not going to get as many of those collisions right along the boards."

The second change that earned strong support was the elimination of hand passes in the defensive zone — an infraction that could become a penalty. The GMs feel too many players are using the ability to glove the puck with their hand as a tactic on faceoffs.

No official rule changes have yet been proposed.

While hybrid icing and the elimination of hand passes both earned the approval of the seven managers who discussed them in a breakout session Monday, they still need to be debated by the entire group before the meetings wrap up Wednesday. Twenty managers must give their support a rule for it to be passed on to the competition committee.

None of the other items on the agenda gained much support, including the possible re-introduction of the red-line. The majority of the managers also remain in favour of keeping the trapezoid that prevents goaltenders from playing the puck in the corners.

Among the other items discussed were the possibility of using video to review goaltender-interference calls, allowing players to "bearhug" an opponent and creating a ringette line across the top of the circles that would be used to blow down two-line passes.

"This is a great meeting," said Toronto Maple Leafs GM Brian Burke. "I think fans would be very impressed if they sat in the room and watched the time and care that goes into these discussions. The GMs take very seriously their role as custodians of the game.

"The discussions are detailed and soul-searching, it's important. I'm always impressed when I watch this group work."

The first day of meetings also included a video presentation from Brendan Shanahan, who heads the player-safety department in addition to handing out supplemental discipline.

The league is encouraged by what it believes is a change in player behaviour after the creation of new rules that govern hits to the head and charging over the last two seasons. They've seen far fewer dangerous hits as a result.

"I think we have smart players that adapt," said Philadelphia Flyers GM Paul Holmgren. "When you put in a Rule 48 or a Rule 41 and we made the changes that we've made over the last couple years, they're smart guys."
THE CANADIAN PRESS

Hybrid-icing rule

Under the new proposal, icing would be called if the defending player crossed the faceoff circle first.

- The play would be allowed to continue in instances where the attacking player was leading the race. "We don't want to eliminate the chase," said Florida Panthers GM Dale Tallon.
- Leafs GM Brian Burke had previously put it on the agenda for five years running without any success, but more support started to build after managers saw it in action at the summer research and development camp.
- A number of players have been seriously injured while racing for the puck, including Edmonton Oilers prospect Taylor Fedun, who shattered the femur in his right leg during pre-season and only recently started skating again.

Injury tally

No increase in concussions this season: NHL

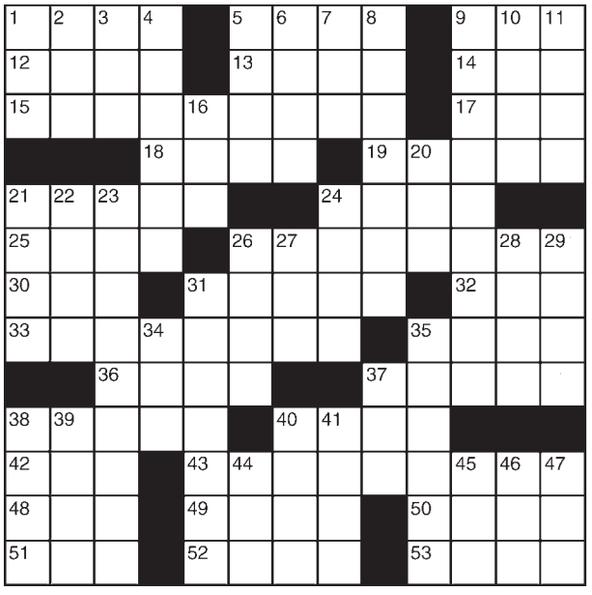
The NHL says the number of concussions suffered by players this season is on par with the amount that occurred a year ago.

That's viewed as a positive development by the league's player-safety department, particularly with all of the focus on those types of injuries and the belief teams and players are doing a better job of identifying them.

"What I can say is we're continually looking at all ways to bring this number down," Kris King, the NHL's vice-president of hockey operations, said Monday. "The fact that it stabilized after a huge increase from two years ago is a positive, I think."

As a policy, the league doesn't release the exact number of head injuries suffered by its players.
THE CANADIAN PRESS

Crossword



Across

1 Paper quantity
5 Begged
9 Prepared
12 — Major
13 Threw
14 Boston cream —
15 1969 Peter Fonda movie
17 Anger
18 Golf target
19 Helped
21 Needed liniment
24 Formerly
25 Lather
26 Harassed
30 Spring mo.
31 Tea type
32 Has possibilities
33 Juniper variety
35 Cow palace?
36 Long-popular musical
37 Tubular pasta
38 Fluttering sound
40 Indiana politico Bayh
42 Stashed
43 Pillow filling
48 Eisenhower
49 Cabin makeup
50 Great Lake
51 Apiece
52 Fat
53 Landlord's due

Down

1 Regret
2 Historic time
3 Donkey
4 Willful violence
5 TV's Dr. McGraw
6 Source of wealth
7 Leading lady?
8 Madden
9 "Turn Off the Dark" hero
10 Ireland
11 Got ready to drive
16 Scepter
20 Hockey surface
21 Somewhere out there
22 Manage somehow
23 Autumnal drink
24 Smell
26 Hotel furnishings
27 Alias (Abbr.)
28 Deserve
29 Unit of force
31 "Stormy" seabirds
34 Ford or Lincoln
35 Binge
37 Standard
38 Lash
39 Raise, as prices
40 Advantage
41 Part of a three-piece suit
44 Debtor's letters
45 Raw rock
46 Victory
47 Trawler need

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Monday's answer

O	O	H	S	■	W	O	K	■	A	G	E	S
P	R	E	M	I	E	R	E	■	C	O	R	A
S	E	M	I	N	A	R	Y	■	C	A	S	K
■	■	■	L	O	N	■	S	V	E	L	T	E
A	L	I	E	N	■	S	T	E	P	■	■	■
B	A	B	Y	■	P	L	O	T	T	E	R	■
A	C	E	■	B	R	U	N	O	■	T	O	W
■	E	X	P	L	O	R	E	■	A	U	T	O
■	■	■	R	A	M	P	■	P	R	I	C	E
W	A	S	A	B	I	■	S	H	E	■	■	■
A	L	L	Y	■	S	E	M	I	N	O	L	E
R	O	U	E	■	E	M	U	L	A	T	E	S
D	E	E	D	■	D	U	G	■	S	T	O	P

Sudoku

	9		7	2				
	4		1				2	5
		3	5			4		
						9	6	1
9				4				8
5	3	8						
		4			2	8		
3	6				1		7	
				7	6		3	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer

3	4	8	9	6	2	1	5	7
7	1	5	3	4	8	6	2	9
6	9	2	1	7	5	8	4	3
1	8	6	7	3	4	5	9	2
4	2	9	5	8	1	7	3	6
5	7	3	6	2	9	4	1	8
9	3	7	4	1	6	2	8	5
8	6	4	2	5	3	9	7	1
2	5	1	8	9	7	3	6	4

Send a kiss

- **MUFFIN.** Do you remember when we said "I love you" to each other? That was a very long time ago, almost 10 yrs. I sit here now and think... How could I love you anymore then I do, but that is what I thought back in 2002. You have shown me the way a women is supposed to be treated, With Love and Respect. You are the LOVE of my life.. I love you more as each day passes!! From PIE
- **Bandri.** HEYY baby. cant stop thinking about you , my life is complete with you ..dont ever think of leaving me , muuaahhh a lots of hugs and kisses ....be mine forever as my Wife <3 Marry me. From Harmeet
- **True.** Waiting on a sunny day, they sure will come to us all. Your smile brings the morning light to my eyes and I'm hoping that you're coming to stay. :)
- **Nicki .** I love you with all my heart. From Tristan

Today 6°/3° Showers 80%
Wednesday 7°/6° Rain 80%
Know what the weather will be 14 days from now.
Check the 14 day trend.
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Horoscope

Aries | March 21 - April 20. If you have so much to do that you really don't know where to start maybe you should call in an expert.

Taurus | April 21 - May 21. Fame, money and success are important, of course, but the planets are reminding you that there are others things in life you should be focusing on now.

Gemini | May 22 - June 20. It's not immoral to benefit from what your inner voice tells you. In fact that's the reason it's telling you.

Cancer | June 21 - July 22. Do you forgive someone who has hurt you? Your first duty is to protect yourself.

Leo | July 23 - Aug. 22. Make use of other people's knowledge and experience to get what you need.

Virgo | Aug. 23 - Sept. 22. Whatever task you are currently working on you must finish it quickly because by the end of the week you will be on the move again.

Libra | Sept. 23 - Oct. 22. You can get a great deal done with very little effort over the next 24 hours.

Scorpio | Oct. 23 - Nov. 21. If a proposed deal of some kind does not feel right to you then you should either find out more about it or, if that is not possible, give it a miss.

Sagittarius | Nov. 22 - Dec. 21. Do whatever it takes to stay on good terms with partners and loved ones. Show them what tranquility looks like.

Capricorn | Dec. 22 - Jan 20. Don't just assume that other people are telling the truth – check their facts and figures.

Aquarius | Jan. 21 - Feb 18. You will accomplish a lot on your own today but you will accomplish so much more if you make an effort to be a team player.

Pisces | Feb. 19 - March 20. You seem to be negotiating from a position of weakness at the moment and that means you are unlikely to get the best deal. What can you do to strengthen others' respect for you? SALLY BROMPTON

Caption Contest

"Good try, but you're supposed to go UNDER the limbo stick!"
Liz

MARTIN MEISSNER/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Wednesday's Metro.

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